UNIVERSITY OF CANBERRA

JULY 2023

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MEDICAL & COUNSELLING STUDENT NEWSLETTER

HI UC,

In this newsletter we are providing information about Bystander Intervention Training. Bystander intervention can help to stop assault before it takes place, as bystanders play a key role in stopping, deterring, and/or intervening when an act of violence has the potential to occur.

We also have some great self-care resources that have been provided by The STOP Campaign.

The STOP Campaign is a grassroots organisation and registered not-for-profit dedicated to empowering young people to create and sustain positive sociocultural change regarding sex and sexual violence by starting conversations and breaking down stigmas.

For more information got to **www.thestopcampaign.org.au**



BYSTANDER INTERVENTION

Do you know what to do when you see a problematic situation?

The 5 D's are 5 different methods that you can use to assist someone that is being harassed, or in a uncomfortable situation.

1. **Distract**

   Take an indirect approach such as starting a conversation or finding another inventive way to de-escalate and draw attention away from the situation.

2. **Direct**

   Assess your safety first, and then speak up. Call out the bad behaviour and be firm and clear. This is easier when part of a group.

3. **Delegate**

   Get help – find someone in authority that can help diffuse the situation.

4. **Document**

   Important details about the event may be helpful at a later stage. Keep a safe distance and document only if it is safe and legal to do so.

5. **Delay**

   Check if the person who was harassed is ok. Do they need medical assistance? Ask them if they would like you to stay with them until help/support arrives.

The UC Medical & Counselling Centre is committed to a safe campus community, and we provide free Bystander Intervention workshops for UC students.

The next workshop dates are:

24th August & 21st September 2023

If you are interested in completing Bystander intervention training, contact the **UC Medical & Counselling Centre** on **6201 2351**, or email: **ucmcc@canberra.edu.au**

For support contact:

- **UC Medical and Counselling**

  T (02) 6201 2351

  9am to 5pm, Monday to Friday

- **Student Wellbeing**

  T (02) 6206 8841

  E wellbeing@canberra.edu.au

- **UC Crisis Line**

  after hours, weekends and public holidays only

  FREE CALL 1300 271 790 | TEXT 0488 884 227

- **Canberra Rape Crisis Centre**

  T (02) 6247 2525 | TEXT 0488 586 518

- **1800 RESPECT**

  National domestic, family, and sexual violence counselling service

  T 1800 737 732

For further information visit:
www.canberra.edu.au/safe-community/where-to-get-help



THE STOP. CAMPAIGN

SRT

SELF-CARE Bingo

Take a moment to reflect on the self-care you have done this week

Spent time outside	Got enough sleep	Stayed hydrated all day
Read a good book	Checked in on someone I care about	Spent time with a pet
Cooked something tasty for myself	Asked for help when I needed it	Went for a walk

THE STOP. CAMPAIGN

SELF-CARE Bingo

Take a moment to reflect on the self-care you have done this week

Cleaned and organised	Listened to music	Stretched
Learned something new	Said thank you to someone	Enjoyed a bath or long shower
Took time off social media	Treated myself	Spent time with chosen family or friends

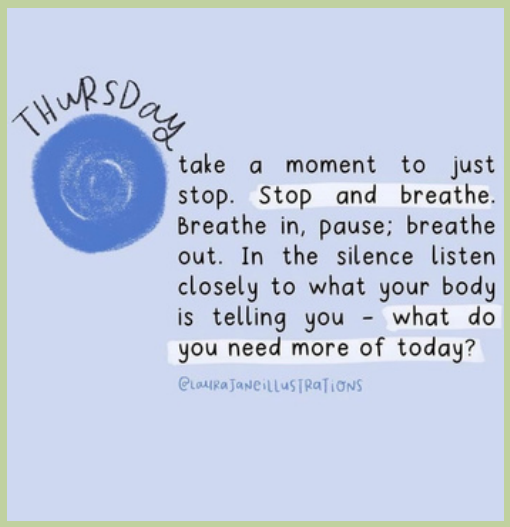
7 ways to be more kind to your mind





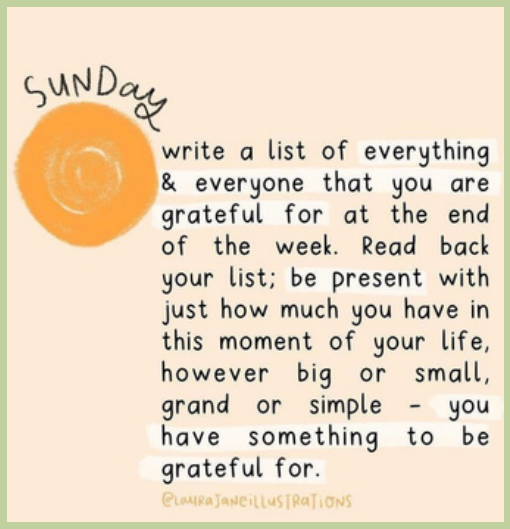














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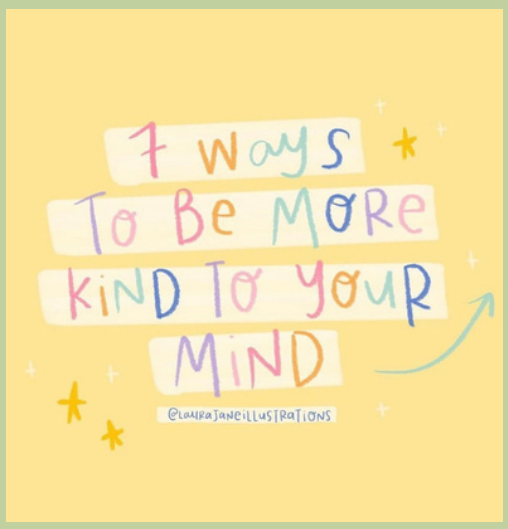
@laurajaneillustrations / www.hellohappee.com

THE STOP. CAMPAIGN SRT

Your turn: 7 ways to be more kind to your mind



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

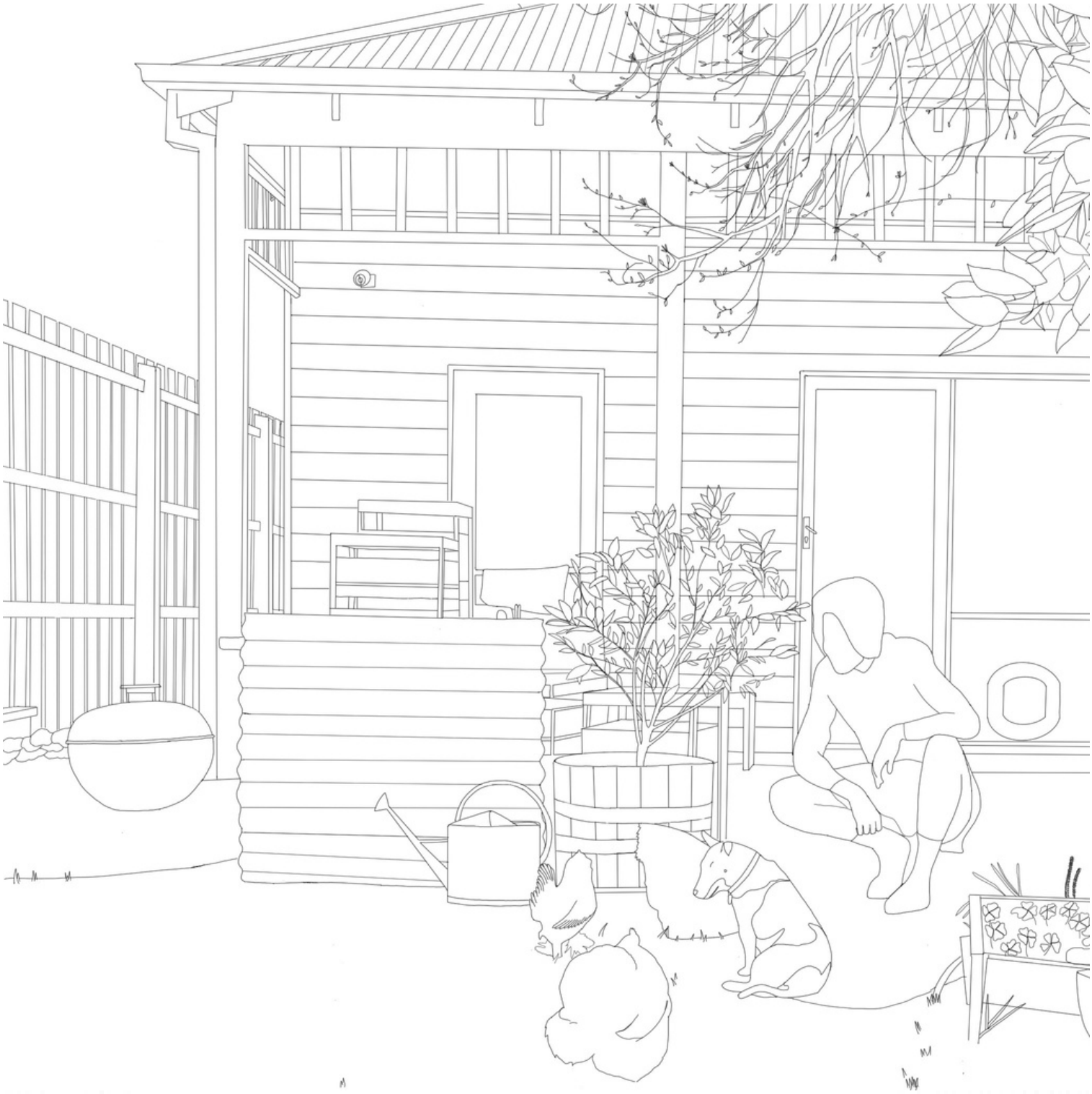
SATURDAY

SUNDAY



Made by you

THE STOP. CAMPAIGN SRT



COLOUR ME IN

THE STOP. CAMPAIGN

SRT

SCRIBBLE PAPER

Where are the places I feel safest?

Who do I feel safest with?

Mood

What is the strongest part of me?

What helps me through difficult times?

What have I learnt about myself?

Start day?

YES

NO



What can I teach others?

UC MEDICAL AND COUNSELLING CENTRE GROUPS, COURSES, AND CLINICS

THE WEEKLY PSYCH SESSION
w/ Michelle

Weekly group session with a Psychologist on building the skills and tools to manage a range of challenges – such as goal setting, connecting with others, managing stress, and overcoming procrastination.

Wednesdays, 1.30pm – 2.30pm, Grouproom,
& Fridays, 11am – 12pm, online via Zoom
Register via **events.humanitix.com/host/ucmcc**

INTERNATIONAL STUDENT MEET UP GROUP
w/ Vicki

Meet other international students and share experiences and tips with moving to Australia; discuss the challenges and difficulties of being away from home, and all the new and exciting experiences they've had.

Thursdays, 12.30pm – 1.30pm, Grouproom.
Register via **events.humanitix.com/host/ucmcc**

ACT FOR ANXIETY
w/ Jessica and Xuelian

A free six-week group program informed by Acceptance and Commitment Therapy (ACT), an evidence-based approach relevant to a range of issues, including anxiety.

Mondays, 7 Aug – 11 Sept, 11pm – 1pm, Grouproom.
Referral from GP/Psych to go onto waitlist

MENTAL HEALTH FIRST AID TRAINING

MHFA training helps mobilise and empower adults by equipping them with the knowledge and confidence to recognise, understand and respond to another adult experiencing a mental health problem, and assist until appropriate professional help is received, using a practical, evidence-based action plan.

Email **beniah.colbourn@canberra.edu.au** for information.
Register via **events.humanitix.com/host/ucmcc**

BYSTANDER TRAINING

A free 2-hour workshop on bystander intervention in the university setting. This training helps to identify safe and effective strategies in common bystander situations, including discrimination, sexual assault, harassment, intimate partner violence, mental health issues, and harmful use of drugs and alcohol.

Contact UC Medical and Counselling Centre for information

CITIZEN CENTRED JUSTICE CLINIC

MHFA training helps mobilise and empower adults by equipping them with the knowledge and confidence to recognise, understand and respond to another adult experiencing a mental health problem, and assist until appropriate professional help is received, using a practical, evidence-based action plan.

Fridays, 9am – 5.30pm, CCJ Room.
Appointments essential via UC Medical and Counselling Centre

Scan to register for The Weekly Psych Session, International Student Group, and Mental Health First Aid Training