

Following on from Monash's successful R U OK? Day awareness campaign, we will be moving into Mental Health Week (7-11 October). During Mental Health Week we will be offering seminars, training and workshops which aim to;

- Promote social and emotional wellbeing
- Communicate the support Monash can offer to those struggling or worried about someone else
- Provide information and education about various mental health issues
- Improve the coping capacity of our community
- Increase mental health recovery

Here is a list of activities available at Clayton campus – we encourage you to register!

Date	Time	Activity	Details
Mon 7 Oct	12pm-3pm	Mental Health Awareness Training (for staff)	Details and booking information
	12pm-1pm	SMART: Exambusters (for students)	Details and booking information
	1pm-1.30pm	Laughter Yoga	Details and booking information
Tues 8 Oct	12pm-1pm	Helping a mate seminar (for students)	Details and booking information
	1pm-2pm	Understanding and addressing self-injury symposium	Details and booking information
Wed 9 Oct	1:15-1.45pm	Mindfulness Meditation	Religious Centre, Narthex Room, Building 9. No booking required
Thurs 10 Oct	12.30pm-1.30pm	Coping with change presentation (RTK Resolutions)	Details and booking information
Fri 11 Oct	12:00-1:00pm	Why young people act stupid (Professor Nick Allen)	Details and booking information
	1:15 - 1.45pm	Lunchtime mindfulness session hosted by Dr Richard Chambers	Details and booking information

Feel free to register for events at other campuses too.

[Alfred](#), [Berwick](#), [Caulfield](#), [Clayton](#), [Gippsland](#), [Parkville](#), [Peninsula](#)

Exercise and mental health

As activity and exercise have many psychological benefits, Wellbeing@Monash and Monash Sport are pleased to be supporting Mental Health Week by contributing to the line up of activities.

Date	Time	Activity	Details
All week		Free 7-day trial: Fitness Centre & Group Fitness Monash Sport	Download trial pass

Mon 7 Oct		Free Flexibility Testing (Monash Sport)	Details and booking information. Present your staff/student ID card
Wed 9 Oct	12:15 - 1:00pm	GLOBAL walk/run (3km walk/5km run on campus)	Details and booking information
Thurs 10 Oct	12.15pm-1pm	Free Yoga class (Monash Sport)	Details and booking information. Present your staff/student ID card

Mental health services and programs at Monash

[Contacts for concerning behaviour](#) (pdf 135kb)

[Counselling service](#): free, professional and confidential service. Individual appointments and group programs.

[Employee Assistance Program](#): for staff with work-related, personal or health problems.

[Manager Assist Program](#): a phone consulting service providing practical advice and support to supervisors and managers.

[Meditation classes and resources](#)

[Mental Health Awareness training](#) 2.5hr introductory mental health seminar for staff and students groups

[Mental Health First Aid training](#): learn how to help someone with a mental health problem before professional help is sought.

[Mindfulness at Monash.](#)

[Mindfulness meditation](#): free weekly classes. Beginners welcome.

[Mindfulness meditation podcast](#)

[Online mental health resources](#)

[SafeTalk - suicide awareness training](#)

We look forward to seeing you at an event!