

Counselling and
psychological
**support
services**

Balancing life 'stuff' such as
study, work, and relationships
is not always easy.

But getting help is.

Get support to

- reduce stress, anxiety and depression
- build your mental health and wellbeing
- access free groups and programs on
campus or online



Need someone to talk to?

Free and confidential counselling available to all
students via **Phone | Email | Skype | In person**

Where to find us

GOLD COAST

Health Clinic. Level 1 B Block

07 5589 3252

LISMORE

Health Clinic. P Block

02 6626 9131

COFFS HARBOUR

Student Support. F Block

02 6659 3263

ONLINE

counselling@scu.edu.au

www.scu.edu.au/counselling

OUT OF HOURS CRISIS SUPPORT

weekdays 5pm – 9am, weekends 24hrs

1300 782 676

text: 0488 884 143

Need someone to talk to?

Free and confidential counselling available to all students via **Phone | Email | Skype | In person**