

ANU Law Students' Society

Wellbeing Handbook 2017



ANU LAW
STUDENTS'
SOCIETY

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COLOURS

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Welcome

From the President

Welcome to the ANU College of Law! The LSS is proud to bring you the 2017 Wellbeing Handbook.

Here at the LSS, we are firmly committed to prioritising the wellbeing of all law students at the ANU. The toll that legal education and practice can take on the mental health of individuals is well documented. In your law degree you will explore the unique challenges faced by law students and lawyers alike, challenges that can often contribute to increased rates of anxiety, depression, substance abuse and other mental health issues.



Don't let this deter you! Whilst this does mean that you should be more vigilant when it comes to your own wellbeing, these challenges also represent positive opportunities. Many aspects of the law which have the capacity to be detrimental—conflicts of conscience, a highly adversarial environment, emotional detachment and so on—can often lead to immense personal growth, allowing you to solidify your own views and values and to effectively advocate for what you are passionate about.

Remember, just as the lack of serious injury or disease doesn't necessarily mean that you're in peak physical health, the same applies for your mental health—even if you have not been diagnosed with a recognised mental illness, the concept of nurturing your own mental health should always be a priority. Always ensure that you take time out for yourself, stay connected to friends and family, keep regular tabs on how you're going, and make use of the various resources and services available at ANU and in the Canberra community.

We hope this guide will equip you with knowledge, techniques, resources and contacts that will enable you to stay happy, healthy and balanced throughout your law degree. I encourage you to contact Em, your 2017 Wellbeing Director, or myself at any point if you have questions, concerns or just want to talk things out.

Wishing you all the best for 2017, hope to see you at one of our events soon!

Bryce Robinson
President
ANU Law Students' Society
lss@anu.edu.au

Welcome

From the Wellbeing Director

Welcome to the 2017 LSS Wellbeing Handbook!

This has been designed as a resource for you to promote positive mental health during your law degree. Everyone will have a different learning experience, and will face unique challenges during their time at university. As such, this guide is general, and does not aim to replace professional services, but I hope it can provide you with some ideas to promote your mental and physical wellbeing holistically.

Importantly, this Handbook also brings together extensive resources for support throughout the ANU College of Law, the broader ANU and the Canberra community.



Studying law at university is a challenging experience. It can be rewarding in many ways, but it can also be a time of great stress for students. Good mental health is something that we must all work towards in the same way that we put effort in to looking after ourselves physically. Law school can be an isolating and competitive environment. It is crucial that the ANU College of Law does everything it can to promote structures and teaching that give students autonomy, respect and opportunities for positive growth. It is also crucial that as individuals, and as a community, we do everything we can to look after our own wellbeing, and the wellbeing of those around us.

Every student should feel supported during their studies and the LSS and Law School are here to offer that support. If you ever experience harassment, bullying or discrimination (whether because of your gender, ethnicity, sexual orientation or disability) you have the right to seek redress. You should feel respected during your time at university, so that you can achieve your full academic potential.

No matter where you are in your degree or in your life, know that you matter, and you deserve respect and support. If you are ever struggling, we are here to support you. Stigma undoubtedly surrounds mental health in our community at large, but the LSS is committed to smashing this stigma and supporting the ANU law community. You can reach out at any time, please never hesitate to get in touch if you have a question, concern, idea or just want to have a chat.

Em Roberts
Wellbeing Director
ANU Law Students' Society
lsswellbeing@anu.edu.au

Mental Health and the Law

The incredibly high rates of distress and poor mental health experienced by law students and practitioners are well documented. Through reports such as *Courting the Blues* and *Breaking the Frozen Sea* it has been established that those involved in the law are at significantly higher risk of anxiety, depression, alcohol and substance abuse, and suicide than other areas of academic study or profession. More than 40% of law students (compared to 9.5% of the general population) have reported experiencing depression. Worryingly, though law students commence law school with similar levels of clinical stress and depression to the national average, during their first year, this rate spikes to over 40%.

There are many explanations proffered as to the causes of this. Some suggest that because those interested in studying law are often 'Type-A', competitive high-achievers, higher rates of stress are a natural result. This implicitly ignores the many diverse reasons why people choose to study law. Some may want to become barristers or work in a commercial firm, but many other students choose to study law because they want to help their communities and assist the disadvantaged. Given how greatly access to legal education has expanded over the past several decades, students from more diverse backgrounds are undertaking study, and thus the 'Type-A' stereotype is both false and damaging. Realistically, there are many contributing factors to the poor mental health outcomes experienced by law students. There are fundamental issues in the way law is taught, from impersonal, crowded lecture theatres, to disengaging assessment items, the lack of autonomy and the adversarial nature of law. Particularly damaging is the lack of accessibility in the way that law is taught and that mental wellbeing is not at the forefront of legal teaching and innovation.

Of great concern to mental health advocates is that 39% of respondents in the *Courting the Blues* study said that they would not seek help if they thought they were experiencing depression. This is a reflection of the stigma that still exists in the legal community and society at large. Many feel that if they disclose a mental illness, they will experience discrimination. This is a pervasive issue. The LSS is committed to smashing the stigma surrounding mental health, and we will support all students in their educational journey, recognizing that everyone will face unique challenges.

LSS Wellbeing

Ensuring that the law student experience is positive, rewarding, engaging and safe is of crucial importance to the LSS. Your welfare matters, and we are here to support you.

Recognising the need for greater visibility of mental health, in 2015 the LSS created the Wellbeing Portfolio, headed by the Wellbeing Director. The Wellbeing Portfolio exists to be a contact point for referral for any law students seeking help or support (for themselves or their friends), and to gather feedback from law students regarding their experience of wellbeing in the law school. Furthermore, the portfolio aims to challenge the stigma surrounding mental health, and to foster a culture in which all students feel safe and free to discuss their mental health. We aim to move towards a culture that supports students' wellbeing as a fundamental aspect of the law school experience.

The Wellbeing Portfolio exists to hear your concerns, provide support and referral services, and to raise awareness of the importance of mental health to every student. The Wellbeing Handbook exists for you as a reference tool, with many important resources to support your mental health outlined in the following pages, as well as practical advice for setting yourself up for an academic career at your full potential. Throughout the year we will be hosting a variety of events aimed at promoting good mental health. Keep an eye out for the LSS Mental Health Week that will be happening in Semester One. We will also be hosting a variety of panels, open forums, yoga and meditation sessions amongst other great events throughout the year.

Make sure to like ANU LSS Wellbeing on Facebook to stay up to date with all of our events: www.facebook.com/ANULSSWellbeing/.

Managing your Mental Health

The following pages aim to provide some practical advice for law students to promote wellbeing. Obviously, every student is different and will feel and manage stress in different ways. This can be made more difficult if you have any chronic or permanent physical or mental conditions. It is crucial that students consider their mental health at the start of, and during, each semester. Mental health isn't something that's only important once you're already stressed. The best approach is to be proactive, and to set yourself up well from the outset. Remember that the following tips are only a starting point, and most importantly, that support is available to you no matter where you are in your mental health journey.

Tip #1 – Allocate Time for Self-Care

In the same way that we schedule time for homework and exercise, we should actively make time for looking after our mental health. You may find that you feel more relaxed after taking a walk, talking with a friend, practicing yoga or cooking. Whatever it is that makes you happy, put this in your timetable, and don't sacrifice it when things get busy, because that's when you'll need it most. We often give in to the urgent at the expense of the important. The best way to make sure that you can thrive at law school is to actively promote balance in your life, and this must include looking after your wellbeing.

Tip #2 – Eat Healthy

Your parents have been telling you this for years but it's true, you need to look after your physical health. 'Eating healthy' is an incredibly generic phrase, and it's important to remember that everyone has different nutritional needs. As a broad approach though, try and steer clear of living off instant noodles, pizza or Maccas for every meal. Try and get a balance of food groups, including fresh fruit and vegetables every day. If you're ever struggling with access to healthy food, ANUSA can support you with:

- Free breakfast, every business day during teaching periods in the Brian Kenyon Student Space (Union Court) from 8-10am; and
- Free lunch and dinner (vegetarian and vegan options available), for any students with barriers to getting a healthy meal (whether financial, physical, time pressures etc.), just grab a voucher from an ANUSA Student Assistance Officer located in the ANUSA Office (contact sa.assistance@anu.edu.au for any assistance or questions).

Managing your Mental Health

Tip #2 – Eat Healthy (continued)

If you're living in **self-catered accommodation**, try and set yourself up with a general meal plan to ensure you're getting all the nutrients you need. This will also have the benefit of helping you plan your grocery shopping, thus saving you money. Cooking healthy meals in bulk also means that you have plenty of leftovers, so that when you are too busy or stressed to cook, you've still got a healthy meal to rely on.

If you're living in **catered accommodation**, things can be a bit trickier when you don't control what's cooked for you. Catered colleges often rely on carb- and starch- heavy meals, which are filling, but not always nutritious. Make as much use of the salad bar as you can. Try and pick out vegetables from the hot dishes. If you're at a college that has a kitchen, take advantage of it as you can. And even though 'Schnitzel Sunday' or 'Pizza Wednesday' can be super appealing, remember that balance and moderation are important. Definitely eat the pizza! But try not to rely on it for every meal. Your body needs the right fuel to function and to help you study at your best capacity, so make sure you try and put the best, most nutritious and healthiest fuel in that you can.

Tip #3 – Do What Makes Your Body Feel Good

We're often told to 'make sure we exercise', and for some people exercise is fantastic. But many people can be held back from pursuing physical fitness because of mental or physical conditions or disabilities, and should in no way be judged as lazy for this. If you're able to exercise, and exercise makes you feel good, then try and make sure it's a regular part of your week. The most important thing is to listen to your body, and do what feels good for you. This could be some gentle stretching, or a box fit class, or maybe you'll be really ambitious and run Inward Bound or Neverest. If it feels good for you, then go for it.

Try not to let other people or the media convince you that there is only one way to be physically fit and healthy. There are a huge range of sporting clubs available through ANU Sport, from Netball and Rugby to Sailing and Fencing (www.anu-sport.com.au/clubs). For something casual, check out Fluro Fridays (www.facebook.com/FluroFridaysCanberra/) a social walk and coffee each Friday morning at 9am, meeting at South Oval. ANU Counselling also offers a Get Up & Go Walking, marrying gentle exercise with social contact (www.anu.edu.au/students/health-wellbeing/counselling/get-up-go-walking-program).

Managing your Mental Health

Tip #4 – Try Yoga or Meditation

As established through extensive research and discussed throughout this Handbook, the study of law can be extremely stressful and taxing. Maintaining balance in your life is crucial to ensuring you come out of your law degree stronger and better equipped to pursue whatever path you choose. Yoga and meditation both share the advantages of reducing stress, honing concentration, and promoting good physical health. Many people tend to think that yoga is not for them because they're not flexible or strong – but flexibility and strength are the results of, not prerequisites for, yoga. Yoga classes can also be expensive, but ANU sport runs regular sessions suitable for beginners through to advanced participants each week, for \$5/session. Throughout O-Week, ANUSA also offers free yoga sessions. Also, there are extensive videos on YouTube available to guide you through your practice. The most important thing is to give yourself at least 30 minutes a day of time dedicated to looking after your mind. Similarly, meditation can be done at no cost, in any place, and there are extensive YouTube tutorials to guide you through; you just have to give it a try.

Basic meditation technique:

1. Be comfortable in a quiet place
2. Be 'present' (relax your thoughts, and when stressful thoughts come to mind, acknowledge them and let them go, you are trying to train your brain; focus on listening to your surroundings, and feeling your body)
3. Focus on your breathing
4. Focus on bringing attention to each part of your body and how it feels
5. Make the time to practice at least 5 minutes each day, and build up as you feel more comfortable

Managing your Mental Health

Tip #5 – Get Enough Sleep

This again sounds really basic, but it is so crucial to ensuring that you maintain your health, sanity and wellbeing during law school. For young adults (17-25 years old) the National Sleep Foundation recommends 7-9 hours of sleep per night. Sleep is crucial for brain repair and body maintenance. Our bodies do so much for us, and we need to do what we can for them. So make sure you get enough rest. You're in university, and it's important to have balance, but also to have fun. It's totally fine to go out, have a boogie, and come home at 4am. But as much as possible, set yourself up in a good routine that ensures you get a good night's sleep, most of the time. If you have trouble sleeping, try and practice good 'sleep hygiene'. Sleep hygiene means habits that help you have a good night's sleep. If you're struggling to sleep, consider arranging your timetable (you will have some flexibility with your tutorial selection) so as to make Uni work for you at your best time of day.

Tips for better sleep:

- Listen to your body clock, and then stick to it – go to sleep when you're tired, and get some sunlight when you first wake up
- Improve your sleeping environment – things like too much light or noise can affect the quality of your sleep
- Avoid (or at least limit) drugs and stimulants – caffeine, cigarettes, excessive alcohol or recreational drugs can all impact sleep
- Relax (or 'wind down') your mind before bed – try yoga, meditation, reading (something for pleasure, not your homework)
- Avoid scrolling endlessly through social media, it keeps your mind alert and the blue light of a phone or computer screen disrupts your mind's sleep signals
- If you can't get to sleep, get up and do something relaxing for half an hour, then try again to go to sleep
- Issues with sleep (e.g. insomnia) can seriously impact your mental and physical wellbeing
- If you are struggling, consider seeing a Doctor or seeking help for ongoing issues

Support within the Law School

The **LSS Common Room** is located in the North Wing, and is stocked with free tea and coffee, as well as having kitchen facilities, couches, tables and chairs, and lots of fun things like a foosball table and games. The Common Room is open for all law students to use at all hours of the day, and is unlocked with your ANU student card. All we ask is that you keep the place tidy and clean up after yourselves.

The **ANU LSS Office** is located directly across from the Common Room. The LSS Office is used for Office Hours throughout the year. If you would like to come in to discuss any concerns or issues you are having with the Wellbeing Director, please send an email to lsswellbeing@anu.edu.au or check the ANU LSS Wellbeing Facebook Page (www.facebook.com/ANULSSWellbeing/) for drop in session times.

Eden Lim is the 2017 **LSS Vice-President (Education)**. The VP Education of the LSS can be contacted with general academic enquiries, and any issues relating to your courses. The VP Education also sits on the ANU CoL Education Committee, the LLB (Honours) Committee, and the JD Committee, and so has capacity to assist with more policy-based concerns coming from the student body. Feel free to contact Eden if you think the LSS can provide any assistance with your studies at lsseducation@anu.edu.au.

If you are having any concerns with your courses it is advised that you first get in touch with the relevant **Course Convenor**. Who this is will change with each course, and you can find out who the Convenor is on the Wattle page for your course. If you have any questions about the course assessment or content, or about seeking special consideration or an extension for an assessment, send your Course Convenor an email.

If you have spoken with your Course Convenor and not received a satisfactory response, or if you have concerns with lecturers or tutors, marking, deferred exams, and/or academic appeals you can contact the **ANU College of Law Sub-Dean**, Associate Professor Amelia Simpson, at amelia.simpson@anu.edu.au.

Support within the ANU

The **ANU Students' Association** (ANUSA) is the peak representative body for all undergraduate students, advocating and furthering the interests of its members to the University. While best known for coordinating large-scale social events such as O-Week, ANUSA plays a substantial role in providing [free and confidential services](#) to all undergraduate students through our Student Assistance Unit. This includes a free [legal service](#), [financial aid](#), [student meals](#), [help with tax and Centrelink](#) plus much more. Additionally, ANUSA manages the [Brian Kenyon Student Space](#) (BKSS) to add further value to the undergraduate student experience. From this space the [second hand bookshop](#) is run and the [free breakfast program](#) runs from 8-10am every day of term.

The **ANUSA Vice President** is available to assist students with academic appeals. If you ever have any concern related to your academics, get in touch with the ANUSA VP, Eleanor Kay, at sa.vicepres@anu.edu.au.

The **ANUSA College of Law Representatives** are your first port of call with inquiries about Law School. Ellie Dowling and Sammy Woodforde are the 2017 ANUSA COL Representatives. If you have concerns about your law school experience, want to see changes made, or are unsure whom to ask about something, shoot them an email at sa.col@anu.edu.au.

The **ANU Postgraduate and Research Students' Association** (PARSA) is the student representative body for postgraduates at the ANU. PARSA provides a range of services aimed at providing support for the specific needs of postgraduate students in relation to both their studies and daily life. The primary focus of PARSA is the interests and welfare of all research and coursework postgraduate students at ANU. If you are studying law as a JD student, PARSA is your representative body. If you have any concerns or questions, you can contact the PARSA College of Law Representatives, Ellen Riley and James Shin, at parsa.law@anu.edu.au.

Access and Inclusion (A&I) exists to assist students who have a disability, medical condition, who are recognised primary carers of a person with a disability, or those experiencing crisis to developing an Education Action Plan (EAP) to participate fully in their studies. EAPs can create adjustments that minimise the impact of disability in education. A&I aims to:

- Raise awareness and understanding of disability issues with students and staff.
- Enable students with disability to participate fully in University life.
- Be at the forefront of disability services provision in higher education.

Open from 9am-5pm, located on the ground floor of the Copland building.

Ph: (02) 6125 5036

Email: access.inclusion@anu.edu.au

Website: www.anu.edu.au/students/contacts/access-inclusion

Support within the ANU

ANU Health

ANU Health is the medical facility on campus for all your general medical needs (bulk-billed, i.e. free). You can make appointments online, and you are advised to book in advance. If you desperately need to see a nurse or doctor, you can arrive before the clinic opens at 9am, and they will make a list to try to slot you in to see someone, but please note that these slots are in high demand. Students should bring their Medicare Card, and Student ID, or an international health insurance card if relevant. ANU Health can assist you with general health check ups, sexual health, mental health and many other concerns and ailments. They are an excellent first port of call.

Location: North Road (between Uni Avenue and Coffee Grounds)

Open: 9am-5pm Monday to Thursday, 9am-4pm on Friday

Ph: 02 6125 3598

Email: health.reception@anu.edu.au

Website: www.anu.edu.au/students/contacts/health-service

ANU Counselling

The ANU offers a free and confidential counselling service to all current ANU students and staff. Counselling services to students are provided by Counsellors in the Counselling Centre. It can be very difficult to book an appointment with ANU Counselling, as they are in high demand. Students are advised to book early. If you live in a residential college and need help securing an appointment you can talk to your Sub-Dean or Head of Hall for assistance. If you are ever in urgent need of assistance, call Lifeline on 13 11 14.

Location: above ANU Health

Open: 9am-4.45pm weekdays

Phone: 02 6125 2442

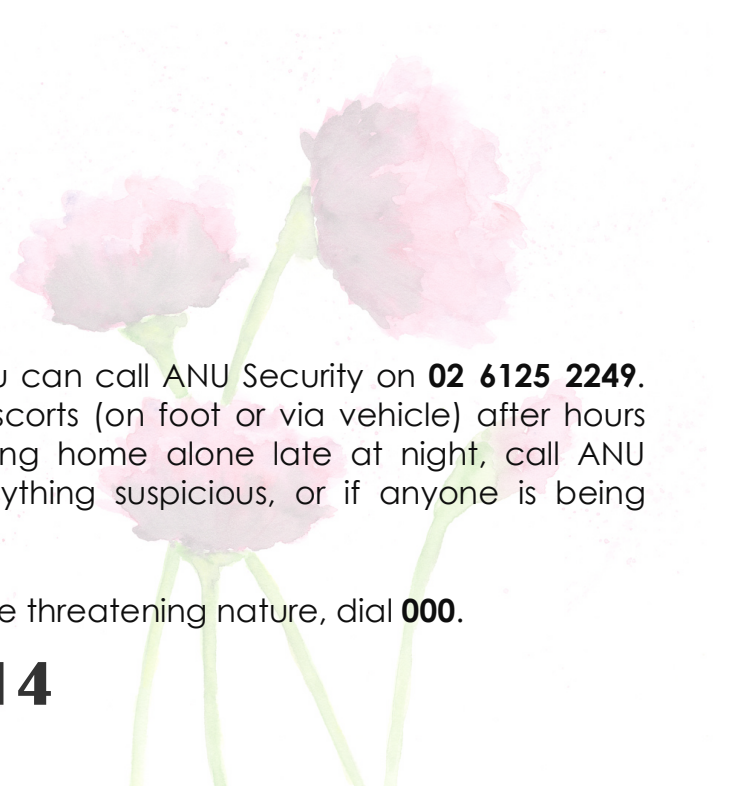
Email: counselling.centre@anu.edu.au

Website: www.counselling.anu.edu.au

ANU Security

If you ever feel unsafe on campus, you can call ANU Security on **02 6125 2249**. ANU Security is available to provide escorts (on foot or via vehicle) after hours anywhere on campus. If you're coming home alone late at night, call ANU Security to escort you. If you see anything suspicious, or if anyone is being threatening, call ANU Security.

If you experience an emergency of a life threatening nature, dial **000**.



Autonomous Safe Spaces

ANUSA funds six autonomous departments (collectives) which operate in key areas that are especially important for students: Disabilities, Environment, Indigenous, International, Queer* and Women. A Department Officer represents each department on the Student Representative Council (SRC). Each of these departments has an autonomous safe space on campus. Autonomous spaces exist for students within minority or disadvantaged demographics to be safe. If you identify with any of the demographics, you are able to access that safe space on campus.

1. Women's Department

- The Women's Department (of which every undergraduate woman is a member of) provides a valuable referral service for ANU women and ensures their voice is represented in the University. The Women's Department is confidential and non-judgmental.
- The Women's Officer represents all undergraduate women on campus, so no matter what you've got a question or concern about, all women should feel free to contact the Women's Officer.
- The Women's Officer can provide assistance with counseling, emergency accommodation, sexual harassment, unplanned pregnancy, STIs, domestic violence, and any issues you may be experiencing at home or within your residential college.
- The Women's Department has an autonomous space on campus called the Rapunzel Room. The Rapunzel Room is located in the Crisp Building. Your Uni ID card needs to be programmed to allow access to the room. To arrange access simply email your name and student number to sa.womens@anu.edu.au.

2. Queer* Department

- The Queer* Department provides services and support for all Queer* identifying ANU students. The Queer* Department runs social events, political campaigns, and provides advocacy for any issues or discrimination faced by Queer* identifying students.
- The Queer* House is available for use by all Queer* identifying students and is located at 14 Liversidge St, Acton (on the edge of campus closest to New Acton).
- You can contact the Queer* Officer at sa.queer@anu.edu.au.

Autonomous Safe Spaces

3. Indigenous Department

- The Indigenous Department provides services for all undergraduate Aboriginal and Torres Strait Islander students at ANU. It advocates for a sense of purpose, the exchange of ideas between Indigenous students, and the sharing of information between our mob and the wider ANU community. The Indigenous Department conducts recreational, cultural, and educational activities for students, and advocates for Indigenous issues both within the ANU and in the broader community.
- You can contact the Indigenous Officer at sa.indigenous@anu.edu.au.
- The Indigenous Department works alongside the Tjabal Indigenous Higher Education Centre. Tjabal provides services and support for Aboriginal and Torres Strait Islander students, including pathway programs and tutoring services. The Tjabal Centre is a meeting base available for all Indigenous students, as well as after opening hours. To get card access, please email (tjabal.centre@anu.edu.au) or the Indigenous Officer.

4. International Students' Department

- The ANU ISD is the university's peak student-led representative body for international students. It aims to: reach out to all International Students to effectively represent and protect the interest and welfare of international students; be the advocacy body for all international students on international students concerns and affairs; inform all international students of the opportunities in the ANU (social, educational, leadership, etc) in order that international students know what is available so that they can get the best experience possible in ANU; foster friendship among international students and domestic students; and give International Students a sense of solidarity.
- You can contact the ANU ISD at info@anuisd.com.

5. ANU Disabilities Student Association (DSA)

- The ANU Disabilities Student Association (DSA) is for any ANU student who identifies as having a disability. What does disability mean? It's actually a pretty wide term, and includes; physical disability, mental illness, dyslexia, being neurodivergent (Autism/ADHD), chronic pain, chronic illness, autoimmune disorders (lupus, alopecia), food allergies, and many, many, more.
- The DSA is a group run for students with disabilities, by students with disabilities. We aim to build up an awesome community, raise the profile and acceptance of disability, and advocate for structural change at the ANU.
- The autonomous disabilities space (known as the Spoon Space) is located at the Arts Transportable 16 T1. For access, please contact the Disabilities Officer at sa.disabilities@anu.edu.au.

Support Outside of the ANU

headspace

headspace Canberra is a part of the National Youth Mental Health Foundation. headspace Canberra supports young people aged 12 - 25 who are experiencing mild to moderate mental health concerns and/or substance use issues, and their family and friends. headspace seeks to enhance young people's ability to seek help, and offer youth-centred support and services. At headspace Canberra you can receive support from a range of professionals including youth workers, psychologists, social workers, alcohol and other drug workers. These workers are skilled in listening to young people and can help you identify problems, goals and achieve creative solutions to issues.

Location: 170 Haydon Drive, Level B, Building 18, University of Canberra, Bruce

Ph: (02) 6201 5343

Website: www.headspace.org.au/headspace-centres/headspace-canberra/

Sexual Health and Family Planning ACT (SHFPACT)

SHFPACT is a strong and vibrant health promotion charity and delivers sexual and reproductive health services to the Canberra community. SHFPACT offers a holistic, confidential and respectful service to Canberra and the region. A majority of SHFPACT Doctors and Nurses are female. All doctors and nurses have specialist sexual and reproductive health qualifications and approach all matters sensitively.

Location: Level One, 28 University Avenue, Canberra

Ph: 02 6247 3077

Website: www.shfpact.org.au/clinic-and-counselling

QLife

QLife is Australia's first national counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex (LGBTI). QLife provides nationwide, early intervention, peer supported telephone and web based services to people of all ages across the full breadth of people's bodies, genders, relationships, sexualities, and lived experiences. If you need someone to chat to, call QLife.

Ph: 1800 184 527 3pm-midnight

Website: <https://qlife.org.au/support/>

Support Outside of the ANU

Canberra Rape Crisis Centre (CRCC)

CRCC is a non-government, feminist organisation working to eliminate sexual violence against women, young people, children and men. If you have been assaulted or raped you can phone the CRCC on **(02) 6247 2525**. CRCC is available for any woman, man or child who has experienced any form of sexual abuse (adult rape, childhood sexual abuse, ritual abuse or sexual harassment) whether it is a recent assault or an assault that happened years ago. CRCC also provides support to individuals (e.g. friends, family) who are supporting survivors of sexual assault.

CRCC is staffed by specially trained workers. These services are free and confidential. Rape Crisis workers can accompany women, men and children to the Australian Federal Police Sexual Assault and Child Abuse Team (SACAT) if they wish to report the rape to the police. You can also contact the police directly on **131 444**. You can use the Rape Crisis services without reporting the assault to the police.

The **Service Assisting Male Survivors of Sexual Assault (SAMSSA)** offers counselling and support to men over the age of 16 in the ACT and surrounding region, and their supporters, to recover from the effects and impacts of sexual assault or childhood sexual abuse.

If you identify as **Aboriginal or Torres Strait Islander (ATSI)** you can access the Nguru Program that provides culturally appropriate counselling for members of the ATSI community, who have experienced sexual assault, and their families.

Ph: 02 6247 2525 (7am-11pm)

CRCC's location is kept confidential; please call for any and all assistance.

AIDS Action Council

The AIDS Action Council aims to build strong, connected and supportive communities that are free of new HIV transmissions, marginalisation, discrimination and stigma. The AIDS Action Council delivers a wide range of services for individuals, families and the community in Canberra and the surrounding region. Counselling is available during business hours Monday to Friday. Counselling is provided for all members of the community over the age of 16, regardless of gender, sexual orientation, lifestyle choice, cultural background, religious belief or economic circumstances. Counselling is free. AIDS Action Council also facilitates a HIV Support Program, Sex Worker Outreach Program and Needle & Syringe Program.

Location: Havelock House, 85 Northbourne Avenue, Turner ACT 2612

Ph: 02 6257 2855

Email: contact@aidsaction.org.au

Website: www.aidsaction.org.au

Emergency Contacts

beyond blue 1300 224 636

You can call any time of the day or night to talk with a trained mental health professional. They will listen, provide information and advice, and point you in the right direction so you can seek further support.

Lifeline 13 11 14

Anyone across Australia experiencing a personal crisis or thinking about suicide can contact Lifeline for support.

Kids Helpline 1800 551 800

Provides specialised help for young people aged 5 to 25 years, and is staffed by professional counsellors.

Suicide Call Back Service 1300 659 467

The Suicide Call Back Service provides crisis counselling to people at risk of suicide, carers for someone who is suicidal and those bereaved by suicide. People who are not linked in with current professional support can also access up to six sessions of ongoing counselling with the same counsellor at scheduled times.

MensLine Australia 1300 78 99 78

For men of any age who would like support, information or referral to assist them to deal with relationship problems in a practical and effective way.

Domestic Violence Crisis Service (DVCS) 02 6280 0900

The DVCS provides 24-hour domestic violence crisis assistance.

Canberra Rape Crisis Centre 02 6247 2525

CRCC is available for any woman, child, young person or man who has experienced any form of sexual abuse (adult rape, childhood sexual abuse, ritual abuse or sexual harassment) whether it is a recent assault or an assault that happened years ago.

ACT Crisis, Assistance and Treatment Team (CATT) 1800 629 354

CATT provides 24-hour mental health emergency assistance and support.

Health Direct 1800 022 222 or 02 6207 7777

Health Direct provides 24-hour medical & health advice line staffed by registered nurses.

Poisons Information Line 131 126

If you have any concern about anything you (or a friend) have consumed or taken, Poisons Information Line is available 24/7.

Ensuring that the law student experience is positive, rewarding, engaging and safe is of crucial importance to the LSS. Your welfare and mental health matter, and we are here to support you.