



Resources for students planning for university who have a mental health condition

You may not think of yourself as having a 'disability' but the definition of disability under the Disability Discrimination Act is broad and includes mental health conditions such as anxiety, depression, bipolar and schizophrenia. At University, the people who can give you information and support are located within Disability Services. If you have a mental health condition, it will be important to consider how you will manage stress.

DURING YEAR 11 and 12

- ✓ Check out the **Get Ready for Uni** website: www.uws.edu.au/ndco/getready
- ✓ Plan to go to **University Info Days** (usually in August/September) and meet the disability staff and the counselling staff.
- ✓ **University Disability Staff** are more than happy to meet with prospective students. Once you know which universities you are interested in, consider making an appointment during your term breaks.
- ✓ **Educational Access Scheme:**
UAC recognises disability and chronic medical conditions (including mental health conditions) as a long term educational disadvantage and this scheme may help you get into the course you want to. The application form for this is submitted via UAC. At your school, the person who can help you with this is:

WHO DO I TELL and WHO CAN HELP at Uni?

Disclosure: It's a Personal Choice

At Uni, you don't have to tell everyone everything. It's a much bigger place than school so it's important to think through what you want people to know. This website will help you think through what you would like to do so your privacy is protected and you get the help you may need: www.uws.edu.au/ndco/disclosure

Disability Services

If you need adjustments to your study because of your condition (eg extensions on assignments, extra time in exams, etc) you will need to register with the Disability Services at Uni and provide current medical documentation. The staff will explain the process – you can choose if you want to disclose the name of your condition and its impacts on you OR if you would rather just disclose its impacts (eg the condition is episodic in nature, the side effects of medication may impair concentration and cause drowsiness, etc).

Even if you don't need any adjustments, it can be good to speak with someone about how things work – when you meet with Disability staff it is confidential.

Counselling Services

University Counsellors offer free and confidential counselling to students who want to talk through and change areas of difficulty, conflict or crisis in their lives - assisting students to achieve their academic goals. Counselling staff can help students with any new, ongoing or intermittent issues that negatively affect them and their studies.

Making an Appointment

For both these services you will most likely need to make an appointment and it is best to make an appointment well in advance. Once you are registered, a good strategy might be to make the next appointment before you leave their office.

RESOURCES FOR STUDENTS:

- Staying Sane on Campus: Tips and Strategies for Students with Mental Health Issues – a booklet for students with diagnosed or undiagnosed mental health issues.
www.services.unimelb.edu.au/edp/downloads/Staying_Sane.pdf
- Towards Success in Tertiary Study is a series of guides for students with a range of disabilities including psychiatric conditions and general learning styles.
www.services.unimelb.edu.au/edp/downloads/psych.pdf
www.services.unimelb.edu.au/edp/downloads/learningstyles.pdf
- Headspace - www.headspace.org.au
- National Disability Coordination Officer (NDCO): Your NDCO can answer questions you have about your transition from school to Uni. To find your local NDCO in NSW/ACT: www.yourownpathtosuccess.com



Australian Government

Department of Education, Employment
and Workplace Relations

