

Student Mental Health Support at UQ

I have no or mild symptoms

WHO?

- Sharper Minds website, self tracking app, short online courses

WHERE?

- See website or QR code below

COST?

- FREE for first year UQ students

WAIT PERIOD?

- None

I have mild symptoms

WHO?

- Talk to tutors and staff
- Mental health champions Mental Health Champions Network - About UQ - University of Queensland

WHERE?

- UQ Mental Health Champions network

COST?

- FREE

WAIT PERIOD?

- None

I have moderate symptoms

WHO?

- UQ Psychology Clinic, UQ Student Counselling Service, UQ with You

WHERE?

- UQ Union Complex or phone, Zoom or Skype

COST?

- FREE for UQ Student Counselling Service and UQ with You; \$25/hour UQ Psychology Clinic

WAIT PERIOD?

- Varies, typically a week or two

I want individual therapy

WHO?

- Visiting Psychologists
- Provisional Psychologists
- Visiting Psychiatrist

WHERE?

- UQ Medical Centres or UQ Psychology Clinic, Upland Road (opposite Union College)

COST?

- FREE / Bulk Billed at UQ Medical Centres, \$25/hour at UQ Psychology Clinic

WAIT PERIOD?

- Varies, typically a few weeks
- Varies, typically a week or two

I want a referral for private therapy

WHO?

- GP referral to private Psychologist or Psychiatrist

WHERE?

- UQ Medical Centres or your local GP

COST?

- FREE at UQ Medical Centres, local GPs may charge a gap fee

WAIT PERIOD?

- None

I am in crisis

WHO?

- Emergency Services call Campus Security (3365 3333)
- Suicide Call Back (1300 659 467)
- Student Counselling & Crisis Line (1300 851 998)

COST?

- FREE

WAIT PERIOD?

- None



has information and support for first year university students like you, designed by students and health professionals at UQHC and UQ.

To learn more please visit: www.sharperminds.university

