

POST COUNSELLING INFORMATION

Dear Student,

It was really good to see you today. We hope that you found your counselling appointment helpful.

If you want to provide feedback about your counselling appointment, please go to <https://students.flinders.edu.au/student-services/hcd/counselling/feedback-form> and complete the brief questionnaire (takes only a couple of minutes). We welcome feedback as it helps us make our service better.

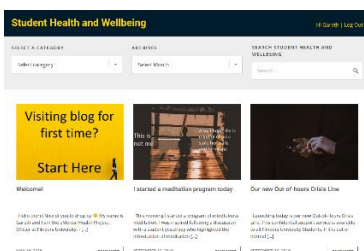
Your counsellor may have gone through with you whether you need to make another appointment. If they didn't, you can call 8201 2118 or email counselling@flinders.edu.au to organise another appointment.

Depending on the content of your appointment, your counsellor might have put a couple of ideas or referral options in the space below. Equally you may choose to write a couple of things on this sheet to help you remember what was discussed in the appointment.

It is very common for students coming to counselling to be dealing with difficult situations and emotions. If you find yourself highly distressed and feel unable to cope and/or are thinking about hurting yourself:

- Call Lifeline on **13 11 14** or visit www.lifeline.org.au – they are contactable 24 hours a day, 7 days a week
- Call Health, Counselling and Disability Services (HCDS) at Flinders – **8201 2118** – HCDS are open Monday to Friday from 9.00am to 5.00pm. You can also email counselling@flinders.edu.au – Please note that there may not always be someone available to speak to you straight away.
- Call the dedicated Flinders Out-of-hours Crisis Line on **1300 512 409** or text them on **0488 884 103** – Please note that this is an **out-of-hours** service. It operates from 5.00pm to 9.00am on weekdays, and 24 hours a day on weekends and public holidays.

Session Notes



Remember to also check out the Student Health and Wellbeing Blog

<https://blogs.flinders.edu.au/student-health-and-well-being/>

for tips on wellbeing, study performance, mental fitness, and health and wellbeing services. Subscribe to be notified of new content.

