

# CLUB LEADERS:

## Information to help other students

During your time as a club leader students may approach you when they are having a hard time or need help. If this happens you don't need to have all the answers, you just need to listen and then help direct student to the service that can assist them. RUSU Staff are here to help you. This info sheet will help provide you with some information about where you or another student can go for help. And always if you are not sure, just ask Compass!

### Support is available:

The Compass Welfare Service is run by Thea and Jenna who are qualified social workers. Compass is a safe space where students can get immediate and confidential support, as well as referrals to services both within RMIT and in the broader community. Compass works to support students in a wide range of life areas such as mental health, housing, financial support, relationships, study issues and more. Compass operates across the City, Brunswick and Bundoora campuses. Opening hours are subject to COVID 19 restrictions. Please email us directly for support. Compass is here for you, and here for you to refer students to.

### Contact RUSU Compass Welfare service:

Email: [compass@rusu.edu.au](mailto:compass@rusu.edu.au)

Website: [www.rusu.rmit.edu.au/compass](http://www.rusu.rmit.edu.au/compass)

Community Resources page:  
[www.rusu.rmit.edu.au/rusuresources](http://www.rusu.rmit.edu.au/rusuresources)

### RMIT Counselling

This service is free and confidential. Where you or another student is very distressed, high risk or requires urgent support please contact the staff at Compass.

Book online via the RMIT Connect portal: [bit.ly/rmitsupport](https://bit.ly/rmitsupport)

### Urgent Support:

If you require urgent mental health support contact Lifeline, 24/7 on phone 13 11 14

If you or someone you know is in immediate danger, please phone 000

RMIT's Mental health Crisis Line after hours phone 1300 305 737 or text 0488 884 162

The emergency number for RMIT Security is 9925 3333

### Safer Communities

If you a student reports to you that they are feeling unsafe or unsure what to do about threatening or unwanted behaviour, you can talk to Safer Communities about your concerns and options - even if the behaviour happened off campus. If you or someone you know has experienced unwanted or threatening behaviour - including sexual harassment or assault - Safer Communities can help.

Email: [safercommunity@rmit.edu.au](mailto:safercommunity@rmit.edu.au)

Phone: 03 9925 2396

### Crisis support for Victims of Sexual Assault

A free confidential 24 hour emergency or crisis care service is available (call 1800 806 292) for victim/survivors who have recently been sexually assaulted. This includes crisis counselling support and may include access to medical care and legal processes.

Office Hours are 9am-5pm (Monday-Friday)

Counselling and support line: 03 9635 3610 (24/7)

### Switchboard

Anonymous, free telephone counselling, information and referrals for the lesbian, gay, bisexual, transsexual and intersex communities of Victoria and Tasmania.

3pm-12am, 7 days a week

Phone: 1800 184 527

Email: [admin@switchboard.org.au](mailto:admin@switchboard.org.au)

Web: [www.switchboard.org.au](http://www.switchboard.org.au)

### RMIT Medical Hub

This medical centre is located at the RMIT City campus but can service students at other campuses through Telehealth. The service is Bulk billing for local students & Direct bill for international students [www.medicalhubrmit.com.au/book-online](http://www.medicalhubrmit.com.au/book-online)



# Information to help look after yourself

It is also important to remember to look after yourself. You are managing a lot of different roles as a student and club leader, ask for help if you need it! Always remember your mental health and wellbeing matters too!

Some good self-care strategies include:

- **Be kind to yourself, you are taking on a big job.**
- **Set boundaries and learn to say no, you cannot do everything!**
- **Learn to become aware of your things that make you feel stressed**
- **Learn to use your self-care strategies, what helps when you are feeling stress?**
- **Exercise**
- **Talk to a friend or family member**
- **Reading, listening to a podcast or watching Netflix**
- **Meditating**
- **Going for a walk**
- **Cooking yourself a nice meal**
- **Making time to do something you love**
- **Access services if you need support**

If you find yourself taking on board a lot of the emotional strain due to your workload and managing other students issues and requests, please reach out for help. You can always debrief with a RUSU staff member, and utilize the above mentioned service as well.

