

Student mental health support at UQ

I have no or mild symptoms	I have mild symptoms	I have moderate symptoms
<p>Who?</p> <ul style="list-style-type: none"> Mental Health Basics (MHB): Mental Health Knowledge and Supports at UQ Sharper Minds (Online and in-person modules) UQ Wellbeing GROUP Programs UQ self-help resources <p>Where?</p> <ul style="list-style-type: none"> Access MHB via Blackboard or Workday Sharper Minds via UQ Counselling website UQ Self-help resources webpage <p>Costs? Free to all UQ Students</p> <p>Wait period? None.</p>	<p>Who?</p> <ul style="list-style-type: none"> Connect with UQ Mental Health Champions Network If symptoms are impacting study, talk to tutors or staff, connect with the team of Accessibility and Welfare Advisors at UQ <p>Where?</p> <ul style="list-style-type: none"> UQ Mental Health Champions Network website UQ Accessibility and Welfare website <p>Costs? Free to all UQ Students</p> <p>Wait period? None.</p>	<p>Who?</p> <ul style="list-style-type: none"> UQ Counselling UQ With You UQ Psychology Clinic <p>Costs?</p> <ul style="list-style-type: none"> Free to all UQ Students (UQ Counselling and UQ With You) \$25 per hour (UQ Psychology Clinic) <p>Wait Period? Varies, book an appointment.</p> <p>Where?</p> <ul style="list-style-type: none"> In-person: Student Central (Bld 41, St Lucia) Telehealth via phone or Zoom (UQ Counselling) In-person: Student Central (Bld 8101A, Gatton) In-person: 17 Upland Rd, St Lucia, Telehealth: Zoom or phone (UQ With You) 25 Upland Rd, St Lucia (UQ Psychology Clinic)

I want individual therapy
<p>Who?</p> <ul style="list-style-type: none"> Provisional psychologists Visiting psychologists Visiting psychiatrists <p>Where?</p> <ul style="list-style-type: none"> St Lucia UQ Medical Centre (Gordon Greenwood Bld 32, St Lucia) Gatton UQ Medical Centre (NW Briton Annexe, Administration Annexe Bld 8101A) UQ Psychology Clinic (25 Upland Rd, St Lucia) <p>Cost?</p> <ul style="list-style-type: none"> Free/bulk-billed at UQ Medical Centres Referral from GP required for visiting psychologists and psychiatrists \$25 per hour (UQ Psychology Clinic for Provisional Psychologists) <p>Wait period? Varies, book an appointment.</p>

I want a referral for private therapy
<p>Who?</p> <ul style="list-style-type: none"> Private psychologists (GP Referral required) Private psychiatrist (GP Referral required) <p>Where?</p> <ul style="list-style-type: none"> UQ Medical Centres or your local GP <p>Cost?</p> <ul style="list-style-type: none"> Free/bulk-billed at UQ Medical Centres Gap-fee may be charged at local GP Fees vary for private psychiatrists and psychologists <p>Wait period? Varies, book an appointment.</p>

I am in crisis
<p>Who?</p> <ul style="list-style-type: none"> Call 000 if life-threatening UQ Mental Health Crisis Line (1300 851 998) Emergency Services call Campus security (3365 3333) Suicide Call Back (1300 659 467) <p>Costs? FREE</p> <p>Wait period? None.</p>