

Mental health, wellbeing and suicide prevention resources

Who	What	Link
Australian Government Department of Education	Website: For international students and education institutions	https://www.education.gov.au/international-education
	Guides: <i>Best practice international student engagement</i> across learning, community, work, accommodation, crisis and program development (with Deakin University)	https://www.education.gov.au/international-education/resources-education-providers-supporting-students/best-practice-international-student-engagement-guides
	Website: Above guides with additional virtual map and case studies for supporting international students	https://www.isengagement.org/
Victorian Government Department of Health	Website: Mental health and wellbeing reform in Victoria	https://www.health.vic.gov.au/mental-health/mental-health-wellbeing-reform
	Website: Suicide prevention and response in Victoria, including the <i>Victorian suicide prevention and response strategy 2024-2034</i>	https://www.health.vic.gov.au/prevention-and-promotion/suicide-prevention-in-victoria
	Website: BetterHealth Channel – Suicide See Victorian health, mental health and wellbeing services below	https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/Suicide
Victorian Government - Study Melbourne	Website: Resources and support for international students studying in Victoria	https://studymelbourne.vic.gov.au/living-here
Suicide Prevention Australia and Universities Australia	Framework: Whole-of-organisation suicide prevention competency frameworks for universities	https://www.suicidepreventionaustralia.org/competency-framework/
	E-learning package: to support the uptake of suicide prevention literacy and skills within universities across Australia	https://universitiesaustralia.edu.au/policy-submissions/safety-wellbeing/suicide-prevention-a-competency-framework-for-universities/
headspace and Universities Australia	Guide and factsheet: A conversational approach to supporting mental health and wellbeing in Australian universities	https://universitiesaustralia.edu.au/wp-content/uploads/2021/10/211029-Real-Talk-Framework.pdf
	Guide: For university staff and suicide response teams to respond to suicide	https://universitiesaustralia.edu.au/wp-content/uploads/2020/09/210107-Suicide-Postvention-Toolkit-for-Australian-universities.pdf
headspace	Guide: For getting help for mental health - for international students	https://headspace.org.au/assets/Uploads/Support-for-International-Students_headspace.pdf
	Guide: To support international students - education institutions, youth services and mental health service providers	https://headspace.org.au/assets/Uploads/Supporting-International-Students_headspace.pdf
	Resources: For educators on suicide prevention and response	https://headspace.org.au/professionals-and-educators/educators/resources/nip-it-in-the-bud-fact-sheets/
Orygen	Framework: Australian university mental health	https://www.orygen.org.au/Orygen-Institute/University-Mental-Health-Framework/Framework/University-Mental-Health-Framework
	Framework: For university-wide and international students' programs (Content warning: developed for coroner, attached to coronial report)	https://www.coronerscourt.vic.gov.au/sites/default/files/COR_2020_001525_Form_38_-_AHT_-_Finding_into_Death_without_Inquest_%28De-identified%29_Signed_Redacted.pdf
	Report: A national report investigating international students' mental health and physical safety needs	https://www.orygen.org.au/Orygen-Institute/Policy-Areas/Employment-and-education/Education/International-students-and-their-mental-health-and/International-Student-Mental-Health-and-Physical-Safety-Needs
	Videos: International students sharing experiences	https://www.orygen.org.au/Training/Resources/Self-harm-and-suicide-prevention/International-student-resources
	Website/app: Digital mental health service for young people 12 to 25	https://www.most.org.au/
Sam McKay and Jocelyn Meza (Orygen/UniMelb and UC)	Article: Framework and practical examples for culturally contextualised suicide prevention for international students	https://pubmed.ncbi.nlm.nih.gov/39165758/
StandBy Support After Suicide	Guides: Workplace toolkit for responding to a suicide, and in-language resources (with SBS and the Transcultural Mental Health Service)	https://standbysupport.com.au/resources/
North-Western Melbourne Primary Health Network	Website: Addressing mental health in multicultural Melbourne - videos and in-language resources (with Centre for Multicultural Youth/ Orygen)	https://nwmpnh.org.au/news/addressing-mental-health-questions-in-multicultural-melbourne/
Embrace Multicultural Mental Health	Website: For services and communities to access resources and links	https://www.embracementalhealth.org.au/community/mental-health-services
	Framework modules: for mental health in multicultural Australia	https://framework.embracementalhealth.org.au/
Uni Student Wellbeing	Website: A suite of resources for educators	https://unistudentwellbeing.edu.au/enhancing-student-wellbeing/
	Framework: Promoting student mental wellbeing in universities	https://unistudentwellbeing.edu.au/wp-content/uploads/2016/11/MCSHE-Student-Wellbeing-Framework_FINAL.pdf

Victorian health, mental health and wellbeing services

Partners in
Wellbeing

Search for services and support across Victoria's health system: https://www.betterhealth.vic.gov.au	Helpline that offers one-on-one support for people aged 16+	Treatment, care and support for people aged 26+ and their family, carers and supporters	Short-term support for people of all ages and their family, carers and supporters
	No referral is needed to access these free supports		

This list was compiled in December 2024 and is non-exhaustive. Stay engaged by registering for Study Melbourne's Student Experience Network at info@studymelbourne.vic.gov.au