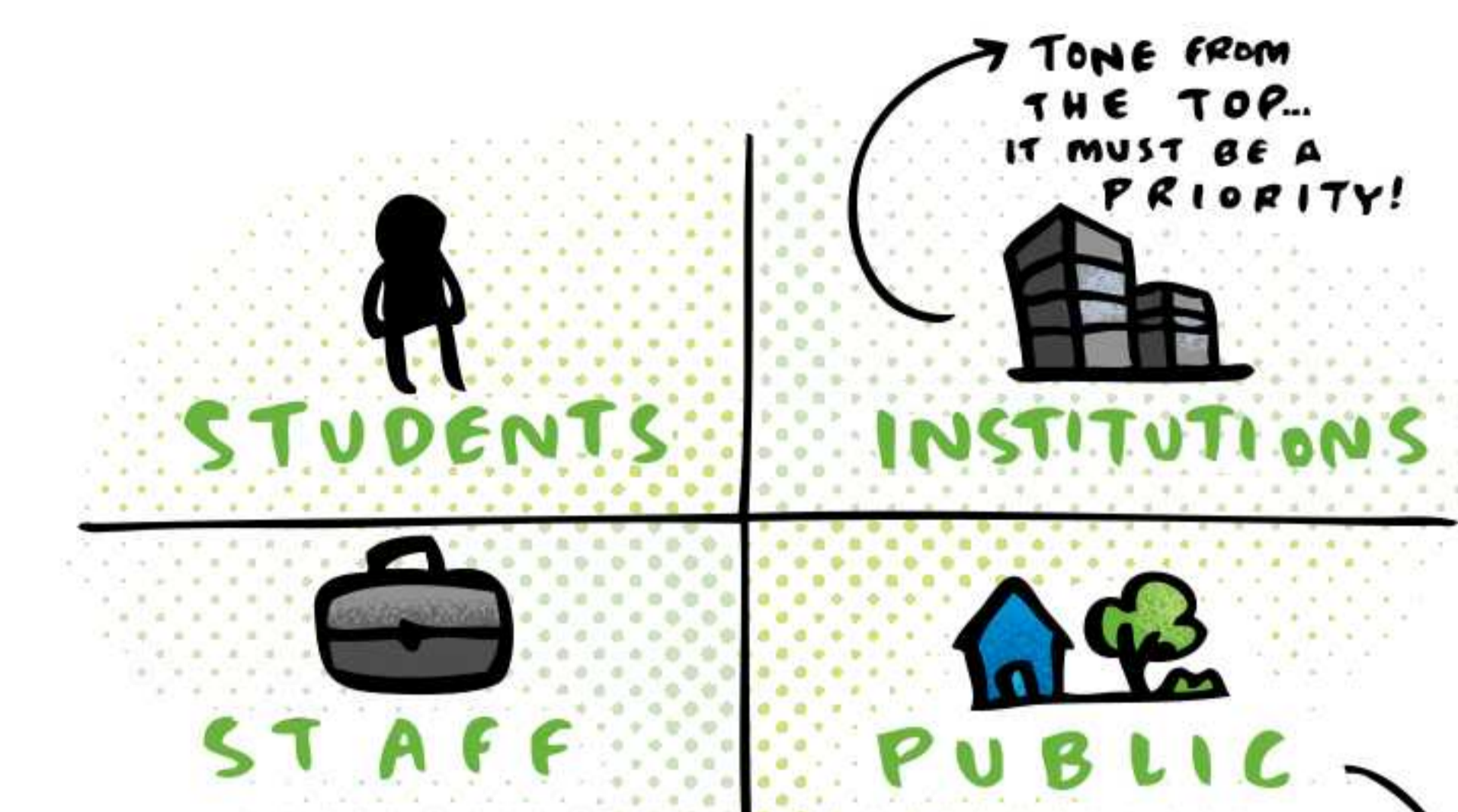


TIME TO TALK ABOUT IT: MENTAL HEALTH ISSUES AMONG INTERNATIONAL STUDENTS IN AUSTRALIA



stakeholders

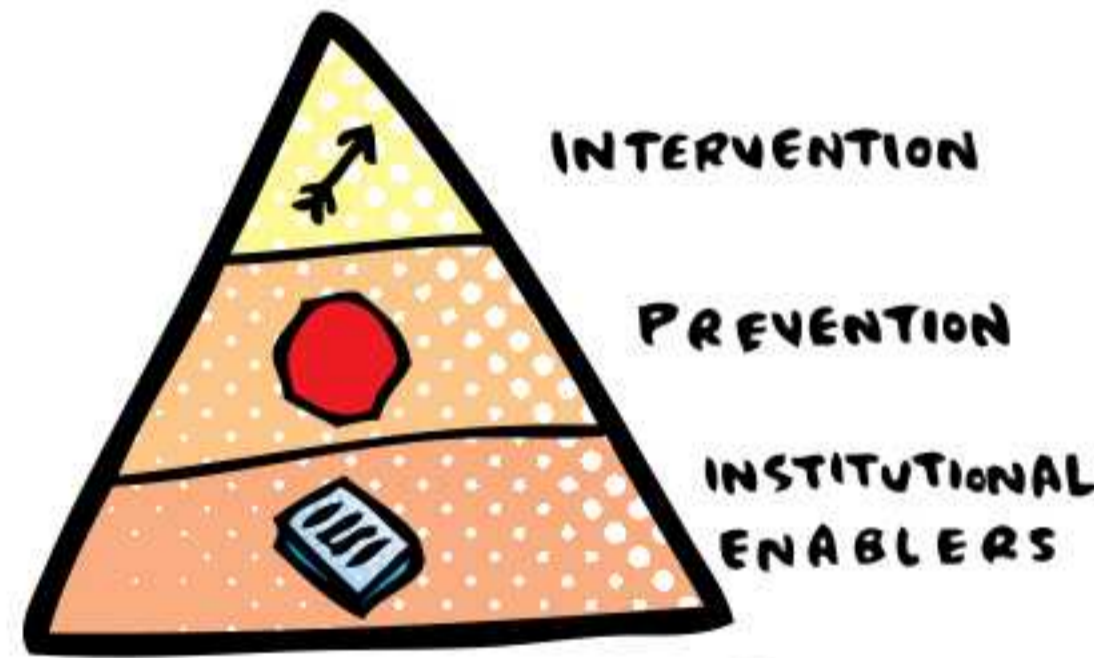


STUDENTS HAVE STARTED IDENTIFYING MENTAL HEALTH AS A MAJOR CONCERN

16-24
A 1 in 4 SUFFERS FROM MENTAL ILLNESS

25-34
IS ALSO HIGH

SUICIDE IS THE MAIN CAUSE OF DEATH 15-24



THREE LEVEL APPROACH

WE NEED TO TAKE A

wholistic

VIEW

- EATING
- SLEEP
- SOCIAL INTERACTION
- DRUGS + ALCOHOL



HEALTH IS A GROWING AREA OF INTERNATIONAL STUDENT SUCCESS

USE DATA TO TARGET SPECIFIC NEEDS.

WE DO A LOT OF TALKING... WE HAVE TO START DOING



EDUCATE STUDENTS TO IDENTIFY CAUSAL BEHAVIOURS



VARIABLES

... LEAD TO

IMPACT ON INSTITUTION



ISOLATION & LONLINESS

CULTURAL DIFFERENCES



PRE-EXISTING CONDITIONS

RESISTANCE TO SEEK HELP



ADDICTION
e.g. GAMING



SELF-MEDICATION



SEGREGATION

ATTENDANCE

COMPLETION

GRADES

REFERRALS



PARENTAL PRESSURE



FINANCIAL PRESSURE



LACK OF SUPPORT AWARENESS



ACCOMMODATION



DIFFERENCE IN LEARNING/ASSESSMENT STYLES



NUTRITION



LANGUAGE BARRIERS

WHAT WE CAN DO...

EDUCATION
ACROSS THE
BOARD

COMPASSION

TAP INTO
COMMUNITY

STUDENT
MENTORSHIP

NETWORKS

WORK WITH
HEALTH
PROVIDERS

INDIVIDUALISED
SUPPORT
SERVICES

PD for
STAFF

STRATEGY:
MEASURE
-MENT