

Fed **Connect** and **Care** Series

The Fed Connect and Care series brings together the best of our support and services to connect you to the Fed community and support your Fed journey.

WellBeing Check-in Service

Free | One-on-one | Confidential | Immediate access to an expert counsellor

- Do you want to check-in to make sure you are on track with your study and life goals?
- Are you finding things hard right now and feeling a bit overwhelmed at times?
- Do you want a motivational boost, reset and refresh?
- Would a confidential conversation with a counselling expert help?

At Fed we care and have designed a new service called the **WellBeing Check-in** to give you the support you need when you need it!

Our experts support students from different backgrounds, from a range of courses and all with their own unique story.



For a **WellBeing Check-in** conversation, please call us on **1300 687 399** anytime Monday to Friday, 9:00am to 5:00pm

The WellBeing Check-in Service complements and adds to our range of student support services.

Students seeking an appointment with a **University Counsellor** can contact **03 5327 9470** from Monday to Friday, 9am to 5pm. Including support for special consideration.

Students can access after hours immediate mental health support: **Federation University Crisis Line: 1300 758 109** or if outside Australia, **SMS +61 480 089 177** and request a call back.

This service operates 4:30pm-9am weekdays (Melbourne time) and 24 hours on weekends and public holidays.