

Staying Strong – tips for good mental health

We all know that eating well and exercising while on placement is very important to staying healthy. However, to get the most out of life and to perform at our peak, we need to take steps to maintain both our physical **and** mental wellbeing.

So, while considering how you can safely exercise on placement in a new town or community, also give thought to how you will keep your mind in top condition.

Here are some suggestions:

Do some pre-reading or viewing

- Contact CRANaplus Bush Support Services (BSS) before your placement to receive a hard copy BSS info pack and/or initial courtesy call.
<https://crana.org.au/support> .
- <https://headtohealth.gov.au/about-us> links to around **380** online mental health services and resources.

Plan some regular wellbeing time into your day or week

You can find some ideas

- [here](#) (written by and for medical students but useful for others too). There is even a section on rural wellbeing and making the most of a placement.
- [here](#) Black Dog Institute: General wellbeing
- Make connections

Know who to talk to if things don't improve or you need to chat

- There is information [here](#) for Flinders University students' counselling and also links to other useful sites that anyone can access.
- If you are from another university, find out the details of your counselling service BEFORE you need it. Most of these are free and confidential.
- Talk to your supervisor or RIPPL student support person.
- Talk to a trusted friend or family member who can help you make decisions.
- See a GP
- CRANaplus Bush Support Services (BSS) Toll free 24hr Telephone Counselling every day of the year - call 1800 805 391
- Beyond Blue Support Service 1300 22 4636 www.beyondblue.org.au
- Headspace <https://headspace.org.au/> centres in Darwin and Alice Springs
- Lifeline www.lifeline.org.au/Get-Help/

Know where to go if things get serious

- Northern Territory Mental Health Access Team Free and confidential 24 hour support if you are experiencing a mental health crisis or have concerns about another person's mental health. 1800 682 288
- Lifeline 13 11 14
- MensLine Australia 1300 78 99 78
- Police, Fire, Ambulance 000