

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>Suicide prevention and response strategy 2024-34</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/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-S?ext="
	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://nwmphn.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



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
	<i>No referral is needed to access these free supports</i>		