

COUNSELLING FOR INTERNATIONAL STUDENTS

What is Counselling?

A private space to talk about concerns such as:

- Adapting to a new culture
- Settling into a new living environment
- Navigating a different education system
- Loneliness and isolation
- Culture shock or big changes

Barriers & Misunderstandings

In some countries, counselling may carry stigma.

Common worries:

- Fear of judgement or shame
- Cultural misunderstandings about what counselling is
- Concerns about privacy

Will it Affect My Visa?

- No. Accessing counselling is private and confidential.
- It is not linked to your student visa or record.



Privacy

- After each session, counsellors write a brief confidential note.
- Records are stored securely, accessible only to counselling staff.
- Teachers and other services cannot see your notes.

Benefits of Counselling

- Feel more confident and supported
- Reduce loneliness, build stronger connections
- Understand yourself better
- Share openly in a safe space
- Be reminded: you are not alone

Where to Find Us

- Mt Helen Campus – Building T, T001
- Berwick Campus – Building 901, Level 1, Room 101
- Churchill Campus – Building N, 3N-102
- Need help finding us? Call 5327 9470

**FREE, CONFIDENTIAL AND HERE TO
SUPPORT YOU EVERY STEP OF THE WAY**

