





# HEALTH AND WELLBEING CATALOGUE OF OFFERINGS

## Semester 2, 2024

QUT offers a broad array of initiatives to build health and wellbeing for current students and staff. A curated and condensed list of specialist services, programs, training, and networks are shown here. A complete list of health and wellbeing offerings is available in a searchable list format on the [Health and Wellbeing SharePoint site](#) which also includes offerings that are planned and not currently offered.

 Students
  HDR students
  Staff
  Alumni

**HSE:** Health, Safety & Environment





**SSTA:** Student Success and Teaching Advancement

**PLC:** Performance Leadership and Capability

## SERVICES

	Title	Description	Team
  	<a href="#"><u>Harassment and Discrimination support</u></a>	Confidential support about issues related to discrimination, sexual harassment and sexual assault.	Equity
  	<a href="#"><u>QUT Health Clinics</u></a>	Healthcare services provided by health students while they learn under the supervision of accredited clinicians including nutrition, optometry, psychology	Health Clinics
	<a href="#"><u>Counselling &amp; Coaching by Assure</u></a>	Confidential health support and coaching for staff and family, including counselling, wellbeing coaching, crisis support, and online resources, at no cost.	HSE
  	<a href="#"><u>Domestic and Family Violence Support</u></a>	Support for staff and students who are experiencing domestic and family violence	HSE, Equity
	<a href="#"><u>Health Support in the Workplace</u></a>	Workplace health support for staff and supervisors where there is an existing or developing disability, injury or health condition which impacts capacity to carry out usual duties. Includes, but not limited to WorkCover support, and support for staff on temporary income benefits, or income protect; as well as those impacted by domestic and family violence or sexual harm.	HSE
	<a href="#"><u>Coaching Programs</u></a>	Develop personal, professional and organisational goals through the exploration of ideas and candid conversations with a confidential and unbiased thinking partner	PLC
	<a href="#"><u>Performance Leadership &amp; Capability Consulting</u></a>	Tailored programs and consultancies for faculties and divisions including resources and toolkits, e.g. for team building.	PLC
  	<a href="#"><u>Chaplaincy</u></a>	Chaplaincy is available for students and staff to talk about life, discuss matters of faith and spirituality, find out more about faith traditions and access pastoral support.	Student Services
 	<a href="#"><u>Counselling 1-1</u></a>	Free, confidential counselling services for all current students.	Student Services
 	<a href="#"><u>Disability and Accessibility Services</u></a>	Individualised student plans detailing reasonable adjustments, and provide clarity around legislation, policy, and procedures related to students with disabilities.	Student Services
 	<a href="#"><u>Financial help: Helpline</u></a>	1800 209 587 for information on loans and scholarships, and financial support.	Student Services
  	<a href="#"><u>Medical Centres</u></a>	Quality health and medical services, information and advice and offers services such as doctors, mental health support, immunisations and sexual health and travel advice.	Student Services
 	<a href="#"><u>Mental Health Nursing</u></a>	Support, advice and referrals to our other health services. Our mental health nurses work with students to help them manage and recover from a range of mental health issues.	Student Services
 	<a href="#"><u>Welfare Support</u></a>	Support for students with financial concerns related to life and study.	Student Services





# HEALTH AND WELLBEING CATALOGUE OF OFFERINGS

 Students
  HDR students
  Staff
  Alumni

## PROGRAMS

	Title	Description	Team
	<u>HDR writer's wellbeing lounge</u>	Connect you with your peers and alleviate some of the stresses that are part of the HDR journey.	GRED
  	<u>Health Screenings</u>	Free diabetes and cardio health screening, carried out by nursing students as part of their WIL placement through the year.	HSE
	<u>Fitness passport</u>	Access to swimming pools, gyms and leisure centres across QLD for staff and household family members	HSE
  	<u>15 Minute Challenge</u>	Wellbeing challenge for individuals or teams to accrue a minimum of 15 minutes of activity per day for 6 weeks.	HSE
  	<u>Social sport, Rep sport and Esports</u>	Social sport competitions including soccer, touch football, basketball, netball and indoor volleyball, as well as a range of esports	Sport
   	<u>Career Mentoring Community</u>	One-on-one industry insights, career support and professional intelligence	SSTA
 	<u>Kickstart</u>	Pre-O Week university simulation program complete with lectures, workshops and social activities.	Student Engagement
 	<u>QUT Connect</u>	Student volunteers foster a welcoming environment on campus at O Weeks and at major events.	Student Engagement
 	<u>Chaplaincy Toastie Thursday</u>	A place for QUT students to drop in for some nourishment and if you like, a chat	Student Services
 	<u>CHAT sessions</u>	An opportunity to connect and engage with other cultures and faiths	Student Services
	<u>QRSnet Program</u>	Network support group for Australian and international HDR students	Student Services
 	<u>Queer Rooms</u>	Queer rooms at KG, C Block, Level 2 and GP X Block Level 2	QUT Guild
 	<u>The Guild Food Bank</u>	Food available for students in need. KG, C Block, Level 2. Accepts donations	QUT Guild
 	<u>Sensational Summer</u>	Events over the summer period. Email ssevents@qut.edu.au	Student Services
   	<u>Gym, pool and sport facilities</u>	Fitness and Aquatic centres at KG and GP campuses. Discounted memberships available	Sport

# HEALTH AND WELLBEING CATALOGUE OF OFFERINGS

 Students
  HDR students
  Staff
  Alumni

## FACILITATED TRAINING

	Title	Description	Team
	<u>Ally Deep Dive</u>	A focus on gender diversity and support for non-binary and gender-fluid community members.	Equity
	<u>Ally Training</u>	Learn to support people who identify as LGBTIQA+.	Equity
	<u>Beyond Unconscious Bias training</u>	Exploring the importance of diversity, unconscious bias, and inclusive teamwork strategies. Booked via StaffConnect	Equity
	<u>LGBTIQA+ Awareness</u>	Learn how to make QUT safer and more inclusive	Equity
  	<u>MATE Bystander training</u>	Support a culture of respect, support and belonging by ensuring your behaviour doesn't hurt or damage others	Equity
	<u>Using Your Influence for Gender Equity</u>	Scenario-based activities to enhance organisational culture and gender equity. Contact programs.equity@qut.edu.au	Equity
 	<u>Women in STEMM: Staying Well in Academia</u>	Health and wellbeing topics specific to women in academia	Equity
	<u>HDR Mental Wellbeing for Researchers</u>	Recognising mental health issues in HDR students and supporting distressed individuals.	GRED
	<u>Domestic and Family Violence Workshop</u>	Identify complexities of domestic or family violence, impacts on the workplace and how to respond and refer appropriately.	HSE
	<u>First Aid Certification</u>	Provide certification requirements to undertake the role of a First Aid Officer.	HSE
 	<u>Mental Health First Aid (MHFA)</u>	Learn how to support people developing or experiencing a mental health problem, or in a mental health crisis	HSE
	<u>Workplace Supports for Mental Health</u>	For supervisors on mental health awareness and creating a safe work environment.	HSE
 	<u>Be Well Plan</u>	Mental Health and Wellbeing program to develop psychological wellbeing knowledge and skills.	HSE
	<u>Applied coaching.</u>	Building coaching capability with a focus on application in the real world.	PLC
	<u>Career Development Modules</u>	Finding your strengths; Selling yourself at interview, resumes and applications; and Maximising CP+ Conversations	PLC
	<u>Current Leader's Series</u>	Skills for current leaders	PLC
	<u>Dare to Lead Program</u>	Four workshops on courage-building and leadership skills about willingness to step up, and lean into courage.	PLC
	<u>Maximising Your CP+ Conversations</u>	Sessions to provide insights and skills to navigate and optimise CP+ conversations	PLC
	<u>Senior Staff Capability Program</u>	Focusing on the principles and practice of high performance	PLC
 	<u>Night against procrastination</u>	Event for students who want to study but can't get started, unsure about ways to study or need guidance on what to do after exams.	SSTA

# HEALTH AND WELLBEING CATALOGUE OF OFFERINGS



Students



HDR students













Staff










Alumni

## SELF-DIRECTED TRAINING

Title	Description	Team
 <u>Consent Matters Training</u>	What consent is, how to communicate it and how to be an active bystander.	Equity
 <u>Respect and Safety at QUT</u>	Rights and responsibilities, problem behaviours, healthy relationships, and safe bystander intervention.	Equity
 <u>Unconscious Bias Online Module</u>	Learn about bias, types of bias, how and what role we can play to acknowledge our bias and improve organizational culture	Equity
 <u>HDR resilience</u>	Exploring how building resilient habits into daily life can enhance mental flexibility and make a positive impact.	GRED
 <u>Mental health and resilience awareness</u>	Online module for HDR supervisors covers mental health issues that can arise in HDRs and helps find ways to support students.	GRED
 <u>HSE training</u>	Variety of training requirements based on your role, the type of work undertaken, nature of your workspace or equipment involved.	HSE
 <u>Wellbeing Gateway</u>	An online service offering a range of online training to support health and wellbeing both for work and home.	HSE
 <u>Growth Mindset module</u>	A self paced, three step module, designed to build a growth mindset.	SSTA
 <u>Disability Awareness Training</u>	Training on Disability Standards, reasonable adjustments, how and why we make them for our community	Student Services
 <u>Mindfulness: online Module</u>	Enhancing well-being, resilience, clinical performance, empathy and communication.	Student Services

## NETWORKS

Title	Description	Team
 <u>Mental Health First Aid (MHFA) Network</u>	Network of those who have completed MHFA	HSE
 <u>Wellbeing Ambassadors</u>	A network of volunteer staff and HDR students to develop and run local wellbeing initiatives	HSE
 <u>Guild Clubs, Societies &amp; Collectives</u>	Meet new people, network and gain access to social and professional events on campus.	QUT Guild
 <u>QueerFOS</u>	A network for LGBTIQ+ staff and students, as well as allies, to connect within the Faculty of Science	Faculty of Science
 <u>QUT Staff Pride Network</u>	Connecting the LGBTIQ+ communities on campus to celebrate diversity, network, and represent the communities in university business and policy making.	
 <u>Peer Programs</u>	Connects students with specially trained peer leaders to share their knowledge and tips to help you succeed in your studies	SSTA
 <u>Women's Gaming Community</u>	Women's gaming events and competitions	Sport

# HEALTH AND WELLBEING CATALOGUE OF OFFERINGS

## EVENTS

When	Event name
11-12 July	KickStart
15-19 July	Welcome Week
22 - 26 July	Guild Week
1-Aug	TEDxQUT Salon
4-Aug	Dragon Boat Regatta
12-Aug	Tour de France Campus Event
25-Aug	Wear It Purple
28-Aug	Paralympic Games
Sep	PRIDE Month
5-Sep	Cultural Bites
12-Sep	R U OK Day
10-Oct	World Mental Health Day
12-Oct	TEDxQUT Major Conference
13-19 Nov	Trans Awareness Week
Oct/Nov	Deepawali
Nov	Cardiovascular Health Checks
23-Nov	International Men's Day
December	VC's Barbeque for Staff
Dec	Graduation Ceremonies