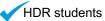


HEALTH AND WELLBEING CATALOGUE OF OFFERINGS

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.









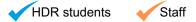
SERVICES

HSE: Health, Safety & Environment SSTA: Student Success and Teaching Advancement PLC: Performance Leadership and Capability

	Title	Description	Team
///	Harassment and Discrimination support	Confidential support about issues related to discrimination, sexual harassment and sexual assault.	Equity
///	QUT Health Clinics	Healthcare services provided by health students while they learn under the supervision of accredited clinicians including nutrition, optometry, psychology	Health Clinics
✓	Counselling & Coaching by Assure	Confidential health support and coaching for staff and family, including counselling, wellbeing coaching, crisis support, and online resources, at no cost.	HSE
///	<u>Domestic and Family</u> <u>Violence Support</u>	Support for staff and students who are experiencing domestic and family violence	HSE, Equity
✓	<u>Health Support in the</u> <u>Workplace</u>	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 WorkCover support, and support for staff on temporary income benefits, or income protect; as well as those impacted by domestice and family violence or sexual harm.	HSE
✓	Coaching Programs	Develop personal, professional and organisational goals through the exploration of ideas and candid conversations with a confidential and unbiased thinking partner	PLC
✓	Performance Leadership & Capability Consulting	Tailored programs and consultancies for faculties and divisions including resources and toolkits, e.g. for team building.	PLC
///	<u>Chaplaincy</u>	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
//	Counselling 1-1	Free, confidential counselling services for all current students.	Student Services
//	Disability and Accessibility Services	Individualised student plans detailing reasonable adjustments, and provide clarity around legislation, policy, and procedures related to students with disabilities.	Student Services
//	Financial help: Helpline	1800 209 587 for information on loans and scholarships, and financial support.	Student Services
///	Medical Centres	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
//	Mental Health Nursing	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
//	Welfare Support	Support for students with financial concerns related to life and study.	Student Services

HEALTH AND WELLBEING CATALOGUE OF OFFERINGS









PROGRAMS

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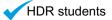




Title	Description	Team
HDR writer's wellbeing lounge	Connect you with your peers and alleviate some of the stresses that are part of the HDR journey.	GRED
Health Screenings	Free diabetes and cardio health screening, carried out by nursing students as part of their WIL placement through the year.	HSE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

HEALTH AND WELLBEING CATALOGUE OF OFFERINGS









FACILITATED TRAINING

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









SELF-DIRECTED TRAINING

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

NETWORKS













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