



Student and Staff Mental Health Resources to support the COVID-19 Crisis in the Indian subcontinent

Help us share mental health resources to RMIT staff and students affected by the COVID-19 crisis in the Indian subcontinent.

RMIT SUPPORT

For Students:

Emergency Assistance: [Click here.](#)

RMIT Safer Community: 9925 2396

All other Support: [RMIT Connect](#) (wellbeing, finance, study support and housing): 9925 5000

RMIT Student Crisis Line for mental health support (After Hours): 1300 305 737 RMIT Crisis

Support Line – Text Support (After Hours): 0488 884 162

COVID-specific support: [Click here](#)

[RUSU website:](#) Your student union that cares for your needs.

[RMIT Together:](#) A student community for mental health and wellbeing.

Online [Academic peer mentoring](#)

[Online learning resources](#) plus access to Studiosity for international students.

[Support for international students](#) to gain paid employment in Australia.

[Special consideration](#) for 'compassionate and compelling circumstances' in line with current policy and regulatory requirements.

For Staff

Staffline: for support around urgent student distress (Business Hours): 9925 1111

[Safety and Mental Wellbeing](#)

HR Assist: 9925 0600

Benestar (EAP): Australia: 1300 360 364 / Spain: +44 20 7938 0963 / Vietnam: 1800 1798 / International: +61 2 8295 2292

COVID-specific support: <https://www.rmit.edu.au/staff/service-connect/safety-wellbeing/coronavirus>

COMMUNITY SUPPORTS

Lifeline: 13 11 14

Suicide Call Back Service: 1300 659 467

Beyond Blue: 1300 22 46 36

eHeadspace: 1800 650 890

ISACares Mental Health Support to Indian students residing in Australia:

<https://isavic.org.au/isacares/>

Registration Form for Indian students with valid Australian student visa stranded in India.

https://www.hcic Canberra.gov.in/student_strnd_register.php