

# GenU Mental Health Support



**ARE YOU  
FEELING  
LOW?**

**OUT OF  
SORTS?**

**ANXIOUS?**

**OR JUST  
NOT  
YOURSELF?**

ACCESS genU'S FREE LOW  
INTENSITY MENTAL HEALTH  
SUPPORT SERVICE TO HELP  
GET YOU BACK ON TRACK.

For Students 13 years above

## Are you struggling with or concerned about your mental health?

We can help you access low intensity mental health support services if you have, or are at risk of, mild mental health conditions.

Our accessible services, delivered across Western Victoria, are evidence-based, staged services for people experiencing mild symptoms or low levels of distress for a short period of time.

Our services may assist you even if you have no mental illness risk factors, or if you have responded well to previous treatment. You may feel that you are functioning well but may have problems with motivation or engagement.

### **What kind of support is provided?**

*Face-to-face one-to-one intervention or Telehealth*

Individual support for those presenting with mild/low levels of psychological distress.

8 SESSIONS ARE AVAILABLE 60 MINS IN DURATION AND AIMS TO SUPPORT AND MANAGE YOUR MENTAL HEALTH.

IF YOU WOULD LIKE TO SET UP AN APPOINTMENT TO THIS COUNSELLING SERVICE, PLEASE MAKE CONTACT WITH SCHOOL NURSE TANIA- (AVAILABLE MONDAY AND WEDNESDAY IN SCHOOL) OR EMAIL ON: [tania.scarce@education.vic.gov.au](mailto:tania.scarce@education.vic.gov.au). Alternatively call the school to advise.