



# Need Support? Here's Where to Start...

## About Compass

Compass is a drop-in service offering information and referrals to support services at RMIT and in the community. We are not a counselling or emergency service. Visit [rusu.rmit.edu.au/compass](https://rusu.rmit.edu.au/compass)

**If Compass Drop-in is closed, busy or fully booked —  
there are other options:**

## On Campus

### RMIT Student Connect

Visit in person and ask to see a Student Welfare Advisor or enquire online.

For locations and opening hours, see [www.rmit.edu.au/students/support-services/student-connect](https://www.rmit.edu.au/students/support-services/student-connect)

### RMIT 24/7 Urgent Mental Health Line

Call: 1300 305 737  
Text: 0488 884 162

### RMIT Counselling

Call: +61 3 9925 5000  
(select the option for "Counselling")  
or book online

## RMIT Safer Community

Call: +61 3 9925 2396

Email: [safercommunity@rmit.edu.au](mailto:safercommunity@rmit.edu.au)

If a student tells you they feel unsafe or are experiencing threatening or unwanted behaviour, you can contact Safer Community to discuss your concerns and explore available options, even if the behaviour occurred off campus.

Safer Community can support anyone who has experienced unwanted or threatening behaviour, including sexual harassment or assault.

They are also the appropriate contact for any wellbeing concerns involving RMIT students who are under 18 years of age.

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# Information to help you...

## Look After Yourself...

It is also important to remember to look after yourself. You are managing a lot of different roles as a student and club leader, ask for help if you need it!

**Always remember your mental health and wellbeing matters too! Some good self-care strategies include:**

- Be kind to yourself, you are taking on a big job.
- Set boundaries and learn to say no, you cannot do everything!
- Become aware of things that make you feel stressed
- Use your self-care strategies, what helps when you feel stressed?
  - Exercise
  - Talk to a friend or family member
  - Reading, listening to a podcast or watching Netflix
  - Meditating
  - Going for a walk
  - Cooking yourself a nice meal
  - Doing something you love
- Access services if you need support.

If you find yourself taking on board a lot of the emotional strain due to your workload and managing other students' issues and requests, please reach out for help.

You can always debrief with your RUSU Clubs Officer and utilize the above-mentioned services as well.

## Contact Compass...

The Compass Drop-In Centre is a student friendly, welfare drop-in space where students can seek guidance. Drop in for a chat...

**City:** Building 12, Level 4  
Mon-Thurs, 10am-12pm & 1-3pm

**Brunswick:** Building 514, Level 1  
Tues, 10am-4pm

**Bundoora:** Building 202, Level 2  
Mon, Wed & Thurs: 9am-4pm

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