BPP INSTITUTE
LYCEUM EDUCATION GROUP

Your Mental Health Matters.

Confidential. Free. Always here for you.



Purpose of the Guide.

This guide aims to:

- Promote mental wellbeing across our student and staff community.
- Provide practical tools for self-care.
- Connect you with mental health resources, support services, and crisis contacts.
- Encourage a culture of openness, respect, and confidentiality.

Confidentiality Clause.

All discussions relating to your mental health are treated with strict confidentiality. We will only share information if there is a serious risk to your safety or the safety of others. Your trust and privacy are our priority.



To the BPP Institute Community,

As the Student Experience Manager, certified Mental Health First Aider, and Acting Chair of the Work, Health and Safety Committee, my core responsibility and personal commitment is to ensure that every single person who walks through our doors feels safe, respected, and valued.

But beyond policies and procedures, please know that staff and student wellbeing is at the heart of everything we do.

Whether it's the physical spaces you study or work in, the way you're supported emotionally, or how you are treated day-to-day, we are constantly working to create an environment where you can thrive without fear or discomfort.

Please take a moment to explore the guide, keep it close, and reach out if ever you need support. Together, let’s create a space where everyone feels safe, heard, and empowered to be their best.

Milan Sedoglavich
Student Experience Manager
& Acting Chair of WHS Committee

Warning Signs & Symptoms.

01

Persistent Sadness or Low Mood

Feeling down or tearful most of the time.

02

Loss of Interest or Motivation

Not enjoying activities once liked.

03

Fatigue or Sleep Issues

Tiredness or changes in sleep patterns.

04

Anxiety, Restlessness, or Panic Attacks

Feeling tense or sudden intense fear.

05

Withdrawal from Friends or Activities

Avoiding social contact or group events.

06

Difficulty Concentrating or Making Decisions

Trouble focusing or deciding on things.

Top Tips for Mental Wellbeing.

01

Stay Connected

Talk to friends, classmates, or your student support team.

02

Set a Routine

Establish structure for study, meals, exercise, & rest to help manage stress.

03

Move Your Body

Even short walks or stretching can lift your mood & reduce anxiety.

04

Sleep Well

Aim for 7–9 hours of rest. Try to stick to regular sleeping hours.

05

Limit Screen Time

Take digital breaks—too much screen time can worsen anxiety & fatigue.

06

Ask for Help

Struggling is normal. Reaching out is a strength, not a weakness.

You're Not Alone. We're Here to Help.

At BPP Institute, we have trained Certified Mental Health First Aiders — ready to listen, support, and guide you.

Whether you're feeling overwhelmed, anxious, or just need someone to talk to... Reach out. We're here for you.

Multifaith Room.

BPP Institute offers a dedicated Multifaith Room on Level 4 - an inclusive space for prayer, reflection, or quiet contemplation. All students and staff are welcome to use this respectful, supportive environment to pause, recharge, or practice their spiritual or personal beliefs.



Support Services Available.

Lifeline Australia – 13 11 14

Crisis support and suicide prevention. 24/7 and free.

Beyond Blue – 1300 22 4636

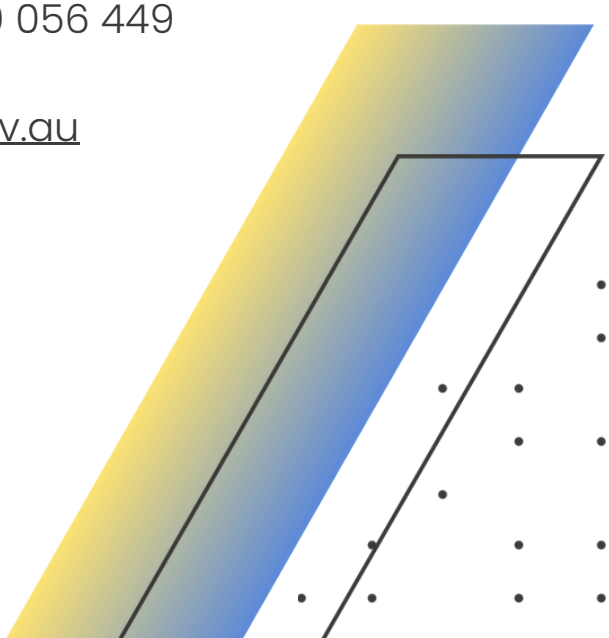
Chat or call support for anxiety, depression, and stress.
Website: beyondblue.org.au

Headspace (Ages 12–25)

Mental health support for study stress, relationships, & identity.
Website: headspace.org.au

International Student Support (Study Melbourne)

24/7 student wellbeing line: 1800 056 449
Free interpreters available
Website: studymelbourne.vic.gov.au



Frequently Asked Questions.

What mental health support is available to me as an international student?

Most institutions, including BPP Institute, offer access to student wellbeing teams, counselling services, and referrals to external providers. BPP Institute hosts mental health workshops and provides resources like recommended apps, podcasts, and books.

Is it normal to feel overwhelmed or homesick while studying abroad?

Yes, many students experience homesickness, culture shock, or stress during their transition. These feelings are common and valid. Seeking support early can make a significant difference.

Will accessing mental health support affect my student visa?

No, seeking mental health support will not impact your visa status. Taking care of your mental well-being can help you succeed academically and adjust more easily to life abroad.

What should I do if I feel anxious, depressed, or emotionally unwell?

Start by reaching out to the BPP Institute student experience or wellbeing team. They can provide support or refer you to qualified mental health professionals. You can also speak with your doctor or contact services like Lifeline or Study Melbourne.

How do I access a psychologist or counsellor, and is it covered by my insurance?

International students in Australia are required to hold Overseas Student Health Cover (OSHC). OSHC typically covers part or all of the cost of mental health consultations with GPs, psychologists, and psychiatrists. Contact your provider for details.

Where can I find mental health apps, podcasts, or books that can help?

BPP Institute provides a curated list of mental health resources, including recommended apps like Headspace, Smiling Mind, podcasts such as The Mindful Kind, and books like The Happiness Trap. QR codes and links are available digitally, or on in-centre notices, and through Moodle.

Can I speak to someone in my preferred language or culturally understand my background?

Yes, BPP Institute has staff who are multilingual, and many external services offer multilingual or culturally sensitive support. Ask our student experience team to refer you to appropriate services or multicultural health providers.

What if I'm worried about a friend's mental health?

Check in with them, listen without judgment, and encourage them to seek help. If you're seriously concerned, contact a BPP Institute staff member or a student ambassador for guidance.

Are there group sessions or peer support options?

Yes, BPP Institute runs mental health workshops and student ambassador programs focused on wellbeing. These can help you connect with others who are going through similar experiences.

Mental Health Podcasts.

The Mind Podcast

Scan to Listen Podcast

Let's Talk About Mental Health

Scan to Listen Podcast

Forestry England

Scan to Listen Podcast

Mental Health: Talklink

Scan to Listen Podcast

Mental Health Apps.

The Headspace
Scan to Download the App

Insight Timer
Scan to Download the App

Smiling Mind
Scan to Download the App

Habit Tracker
Scan to Download the App

BPP Institute Certified Mental Health First Aiders.



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