

Allied Health Student Health and Wellbeing Resources

Allied Health Student Fact Sheet

Queensland Health allied health staff are committed to providing safe and supportive learning environments for all students as described in the Allied Health Students Health and Wellbeing: Guide for Hospital and Health Services ([Queensland Health, 2017](#)) in partnership with students and university staff.

The information below is offered as a resource to assist allied health students, while on clinical placement, to maintain attention to their own health and wellbeing and take positive action if required.

General Resources

- Safe, Secure and Supportive Workplaces – Guide for allied health students**
 Completed as part of Allied Health pre-placement training modules. [Clinical placement information for allied health students | Queensland Health](#)
- University clinical education/ disability support staff.**
University staff are an excellent resource to students experiencing health and wellbeing concerns on placement. They can assist you to access a range of counselling and support services.
- When the Cowpat hits the Windmill** <https://www.nrhn.org.au/resources/publications/mental-health-guide-when-the-cowpat-hits-the-windmill/>
This guide has been written by students for students and contains tip on ways to maintain good mental health, how to adjust to life in a new town and a helpful checklist when preparing to go on placement.
- Mental Health First Aid Australia (MHFA). Student e-learning course** [eLearning Tertiary Students MHFA | Mental Health First Aid](#)
In this eLearning course you will learn practical skills to give initial support to a fellow student or any other young person or adult who may be developing a mental health problem or in a mental health crisis (Note: The course has in the past been offered free to allied health students, please enquire with MHFA Australia about this no cost option).
- Smiling Mind App** <https://schools.au.reachout.com/articles/smiling-mind>
The Smiling Mind app features guided meditations with the objective of managing stress, increasing resilience and assisting in reducing mental health risks in later life. The app includes different sets of meditations targeting different age groups (ranging from 7 years to adults).
- MoodGYM - ANU** www.moodgym.anu.edu.au
Moodgym is an interactive on-line self-help program designed to help users prevent and manage symptoms of depression and anxiety. The skills taught are based on cognitive behaviour therapy.
- MindSpot - Macquarie University** www.mindspot.org.au
The MindSpot Clinic is a free online and telephone service for Australian adults who are experiencing difficulties with anxiety, stress, depression and low mood. They offer online Screening Assessments and Treatment Courses, or they can help you find local services that can help.
- myCOMPASS - Black Dog Institute** www.mycompass.org.au
myCOMPASS is a fully automated, self-help program to help people better self-manage mild-to-moderate symptoms of depression, anxiety and stress. The program is freely available on any internet enabled device.
- Headspace** <https://www.headspace.com/headspace-meditation-app>
The Headspace App is a free online tool for mindfulness meditation aiming to positively impact on mental health and physical health. Headspace is committed to advancing the field of mindfulness meditation using evidence informed meditation practices.

Rural Placement Resources

- **Rural Placement Guide: How to make the most of your rural placement**
<http://www.nrhn.org.au/resources/publications/rural-placements-guide/?sstat=1067>
This guide offers information about preparing for a rural and remote clinical placement, cultural competence, keeping safe while on placement, managing disclosures and what to do if things don't go as planned.
- **Self Care Module - SARRAH: Transition Toolkit to Remote and Rural Practice** [Transition Toolkit to Remote and Rural Practice - SARRAH](#)
This module is offers case studies and reflective activities to assist you to identify positive coping and self-care strategies for transitioning to remote and rural practice and avoiding burnout.

Working with Patients at End of Life Resources

Below are a range of resources to support allied health students who are working with patients at the end of life stage of their care:

- [Self-care - Clinical Considerations - Allied Health - Health Professionals \(caresearch.com.au\)](#)
- [Self-Care Matters - Palliative Care Australia](#)
- [University - PCC4U](#) A learning module for university students not specific to allied health.
- [Self-Care and Staff Support \(palliated.com.au\)](#)
- [Wellbeing / Self-care \(quocca.com.au\)](#)

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