Working together to reach at-risk students at RMIT Vietnam

Collaborative approaches to wellbeing

University students are at increased risk for experiencing mental health issues, while being less likely to access support services.

In Vietnam, high levels of stigma and shame are associated with mental illness and support-seeking. There is also a lack of awareness and understanding of mental health issues, and limited support services available.

Early identification of mental health issues is important in order to improve wellbeing and academic outcomes.

The role of collaborative approaches to increasing awareness of, and providing support for mental health issues has been recognised by RMIT Vietnam.

Wellbeing has collaborated on a number of initiatives within the university community. These activities aim to create a health-promoting environment and better support students who are at-risk of experiencing mental health issues.

RMIT UNIVERSITY

Student-led initiatives

Involving students in wellbeing promotion aims to reduce stigma associated with mental health issues and support seeking.

Recent student-led projects include a sexual harm awareness campaign, 'Mind, Body, Spirit Day', 'RU OK Day', and the 'Mental Health Matters' Emerging Leaders Program.

Wellbeing ambassadors

A program is being piloted to engage students as 'Wellbeing Ambassadors'.

In this program students are provided with training and mentoring by Wellbeing staff. These students are active in promoting and advocating for Wellbeing within the student population.

Case management

Students who struggle academically often do so due to a variety of underlying issues, including psychological issues.

Wellbeing initiated a Case Management unit to assess the support needs and coordinate relevant services for students who have had unsatisfactory academic progress.

Mental health screening

Students living away from their support network are at increased risk of mental health problems.

In partnership with Case Management Advisors and Residential Centre staff, Wellbeing has utilised the DASS-21 to proactively identify and support students experiencing psychological distress.

Group sessions

Wellbeing has increased the availability and promotion of group-based support options, including sessions involving both staff and students.

Sessions aim to reduce barriers to accessing support, normalise help-seeking behaviour, and facilitate the development of support networks.

Staff training

Wellbeing has delivered training to University staff on topics such as understanding student mental health and emotion management.

Sessions aim to improve staff understanding of mental health and increase the University community's engagement with Wellbeing department.

Working together to create a safer community

This student-led project was a collaboration between Bachelor of Communication students, student clubs, and Wellbeing. The 'SHhhh – When silence hurts' campaign raised awareness of sexual harm, an issue that many feel unsafe to talk about.

Contact
Lisa Bernstein, Senior Student Counsellor
Wellbeing, RMIT Vietnam
W: www.rmit.edu.vn
E: lisa.bernstein@rmit.edu.vn
P: (+84) (24) 3724 5935