



MENTAL HEALTH & WELLBEING AT ANU



Mental Health & Wellbeing at ANU

Audit questions

- HDR MH&W Strategy ✓ ✗
- HDR MH&W funding pot ✗
- HDR access to Employee Assistance Program (EAP) ✓
- HDR Student Services ✓
- HDR MH&W workshops ✓
- Supervisor MH&W workshops ✓
- Mandatory MH&W training (e.g. inductions) ✓
- Peer-peer support groups ✓
- Self-paced MH&W resources ✓
- Other ✓

What we can do better



Audit questions

- **HDR MH&W Strategy:** ANU MHWB strategy includes postgraduate students. Due to be updated.
- **HDR MH&W funding pot:** no specific funding HDR candidates qualify for all services available to u/g students, which does have specific funding under the Student and University Experience portfolio.
- **HDR access to Employee Assistance Program (EAP):** Free counselling available for all ANU students. If also a member of staff there is access to employee EAP, which is also available to immediate family.
- **HDR Student Services:**
 - » Graduate Research Office (GRO)
 - » Postgraduate And Research Students Association (PARSA)
 - » Researcher Development & Training Team
- **HDR MH&W workshops:** pastoral care embedded in Researcher Development training, and specifically addressed in HDR Stress Survival Kit workshop, Maintaining Research Writing/energy workshop, Managing Difficult Conversations, Resilient Researcher series.
- **Supervisor MH&W workshops:** Building respectful HDR supervisor-student relationships, Difficult conversations, Mental health, Supervision in a cross-cultural context, Challenges for those new to supervision
- **Mandatory MH&W training:** (e.g. inductions): entry cohort inductions from 2022
- **Peer-peer support groups:** embedded in training, ANU PhD strategy includes peer to peer mentoring, entry cohort and disciplinary ANU Thrive, now ANU is signed up to TalkCampus app.
- **Self-paced MH&W** resources various online resources.
- **Other: Respectful** Relationships Unit, NECTAR

