

Wellbeing & Counselling Services

JCUB Student Counsellor – Lu



Wellbeing and Counselling Services

- Wellbeing is a combination of your physical, mental, emotional, spiritual and social health, and is strongly linked to happiness and life satisfaction.
- JCU website resources on wellbeing : <https://www.jcu.edu.au/student-equity-and-wellbeing/wellbeing/your-wellbeing>
- You may use the tests provided on the website to assess yourself on happiness, health, anxiety and depression checklist, depression self-test.
- You should always seek professional help when:
 - Your life is being significantly affected.
 - You feel like you are alone.
 - You do not feel safe, and/or
 - You are having thoughts of self-harm or harming others.

Wellbeing and Counselling Services

- You can make an appointment with the JCUB counsellor to seek help for all aspects of your wellbeing or contact your doctor or other mental health professional.
- JCUB Wellbeing and Counselling service is a free and confidential service provided to students currently enrolled and actively engaged at JCU Brisbane campus. The service is provided by a registered counsellor with backgrounds and experience in Counselling and Education. We offer face-to-face, telephone and online counselling sessions for all students.

How to book an appointment with the counsellor

- The student counsellor's office is located on Level 2. You are welcome to book an appointment through the JCUB website, email or text message.
- The preferred method of booking an appointment is through the JCUB website. Follow these steps:
 1. Go to jcu.edu.au/Brisbane.
 2. Put the cursor on the 'Current Students' tab at the top, then click on the 'Student Wellbeing' tab under 'Support'.
 3. Click on the 'Make an appointment' tab, then select 'Book Appointment'.
 4. Choose a time that suits your timetable.
 5. Fill out your details, including your JCU email address, and then click 'Submit'.

Student Counsellor's Contact Details

- Student Counsellor: Lu
- Mobile phone number: 0455 432 919
- Email: studentcounsellor@jcub.edu.au
- Location: Level 2, 349 Queen Street, Brisbane



Thank you for choosing JCU Brisbane Campus.

All the best with your academic journey at JCUB.

