

NEW COLLEGE 0-WEEK 2017



YOUR GUIDE TO GUARANTEED GOOD TIMES.

WELCOME!

The health, safety and well-being of our residents, visitors and staff is our highest operational priority at New College.

The college leadership are committed to ensuring the health, safety and wellbeing of every member of our community. At the same time, we would gently remind everyone at New College that we all have a responsibility for the health and safety of ourselves and others.

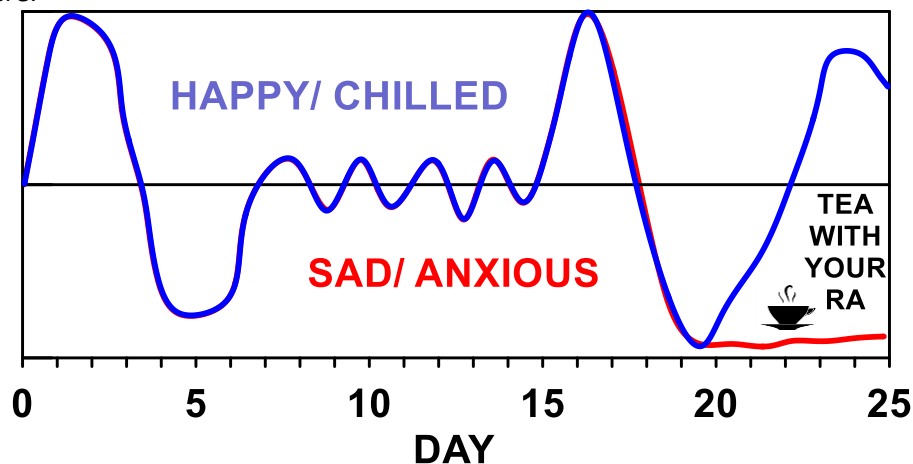
Active communication and consultation are central to working together for a safer community environment. We have a range means of communicating within our community which include direct access to the RA/SR teams as well as formal meetings between residents and staff.

Every resident or staff member should feel free to immediately contact the Master or Dean if they have any health, safety and well-being concern anywhere at college.

[Here we have compiled some important resources relevant to well-being at New College, UNSW:](#)

- | | |
|--------------------------------|-------------------|
| 1. Security at UNSW | 7. Alcohol |
| 2. Medical Service at UNSW | 8. Depression |
| 3. Counselling Service at UNSW | 9. Anxiety |
| 4. Harassment | 10. Sexual Health |
| 5. Friendship | 11. Campus Map |
| 6. Drugs | |

- College is an exciting place – expect emotional highs.
- Coming to University will have its challenges – be prepared for occasional feelings of loss and self-doubt.
- People’s emotions (happy/sad, chilled/anxious) go up and down naturally.
- Be prepared – big highs are usually followed by big lows.
- Similarly, lows should be followed by highs and not last more than a few days at most.
- If you experience more than two days of sadness or anxiety, please seek help. Your RA is there.



Each year, the Dean of Residents and the Master look forward to seeing our outstanding O'Week teams in action and our opportunity to share O'Week with a new group of residents. We hope that O'Week will be one of the most enjoyable and memorable times of your lives.

Bill Peirson (Master)



Arend Boog (Dean)



WE ARE HERE TO HELP!



Welcome to New College!

We are your friendly RA team for 2017!

Please make contact with us immediately that you have any concerns about college life. We love college and want everyone in our groups have the best time.

In case of minor emergencies, please call the Duty phone (which is always attended) on 0459 991 422.

We are all trained in first aid.

Allen, Michaela, Michael, Martjie, Kaspar, Annabel (SRA), Tim, Sally

Name	Room
Annabel (Bingle) Paul	4R2 (SRA)
Michaela (Razzle Dazzle) Padayachee	1R2
Kaspar (Porridge) Fiebig	1R1
Michael (Obelix) King	2R1
Sally (Hoochie Mama) Boardman	2R2

Martjie (Bindi) Venter	3R2
Tim (Fazard) Davis	3R1
Allen (Bernard) Zhou	4R1

Security & Safety



Staying safe day and night

Your safety and the security of your personal belongings is a high priority at UNSW. A few simple precautions can considerably reduce your risk and enhance your safety:

- Don't leave your belongings anywhere at any time
- Avoid carrying large sums of money
- If you carry a bag, hold it under your arm or in front of you
- If your bag or wallet is stolen report it immediately to UNSW Security Services.

If you are on campus at night remember to:

- keep to well-lit areas and use paths such as University Walk, which is patrolled by Campus Security Officers be alert
- don't walk with your earphones in your ears
- keep your valuables hidden from sight
- try to walk in groups or pairs and arrange to walk home with friends never take short cuts through parks or vacant lots
- report any lights which are not functioning to Security Services (9385 6000)
- use the free night shuttle bus which operates on weeknights between 7pm and 11.30pm in session
- contact Security Services (9385 6000) and request an officer to accompany you to your car, bus stop or local streets off campus.

Remember: Report any suspicious individuals or activities, incidents or crime in progress to Security Services on 9385 6666.

StaySafe@UNSW is our Security app. Download it to your smart phone for direct access to:

- emergency contacts
- request a security escort
- track the night security bus and more!

The app also features a torch, alarm, security tips and a newsfeed. Download the app for free from the [App Store](#) or [Google Play](#).

Safety escorts

What is a safety escort?

Security Services are on call to accompany you from your location on campus to car parks, bus stops, taxi ranks or limited locations surrounding campus. This service is free.

When is the service available?

Safety escorts are available to you both day and night, all year round.

How can I request a safety escort?

You can request a safety escort from:

- the Security Services Control Room (call 9385 6000 or 1800 626 003)
- any lift

How long will it take for Security Services to respond?

Security Services aim to meet you as quickly as possible. Security Services should be able to give you an approximate response time when you call.

Pedestrian gate closing times

Some pedestrian gates on campus are closed at night for safety reasons. Please note the following gate closing/opening times if you are entering/exiting campus late at night.

- Oval Lane to Scientia. Closed nightly, from 10pm-5am
 - Oval Lane to Civil Engineering loading docks – open/closed daily by staff. Security will attend on request.
 - Oval Lane to Valentine Annexe rear. Closed nightly, from 10pm-5am
 - Oval Lane to Valentine Annexe east. Closed nightly, from 10pm-5am
 - Pooh Corner. Closed nightly from 10pm-5am
 - Willis Lane to Barker car park. Closed nightly, from 10pm-5am
-

Night shuttle bus

What is the night shuttle bus?

Security Services provide a free night shuttle bus for staff and students on the Kensington Campus.

When does the shuttle operate?

The service operates Monday to Friday between the hours of 6.30pm and 11.30pm. Please note, it does not operate on public holidays or during the University shut down period (20 December • 2 January)

What route does the shuttle take?

The bus route covers Kensington Campus (car parks, colleges, libraries, State Transit bus interchanges) and Randwick Campus. There are seven bus stops on campus and five bus stops off campus.

View the Campus Security shuttle bus location in real time

Did you know you can see exactly where the free night shuttle bus is while you are waiting for it? You can track the shuttle bus via the StaySafe@UNSW app. You can also track it from your computer by visiting <https://parotel.com/unsw/>.

Help Points on campus

'Help Points' have been strategically placed across UNSW campuses to help ensure your safety. Help Points provide a direct link to the Security Services Control Room.

How do I activate a Help Point?

Hold your finger down on the red button until you are connected to Security Services.

Where are the Help Points located?

See the map at the end of this document. There is a help point just behind New College, near the sports courts.



University Health Service

Health services at UNSW

Location: Ground Floor East, Quadrangle Building,
UNSW

Telephone: 9385 5425 Fax: 9313 8520

Email: unihealth@unsw.edu.au

We are here to provide a quality health service to the students, staff & visitors of UNSW. Students are our priority and our doctors, nurses and administration staff are non-judgemental and have a special interest in youth health. General practitioners and specialists operate their own practice within the facility, which is managed by UNSW.

Opening hours Monday to Thursday 8.15am-6pm

Friday 8.15am - 5.15pm Note- Our telephones switch over at 8.30am daily and are diverted to voicemail Monday - Thursday 5.30pm, Friday 5.15pm

Pathology Clinic - 8.30am-1pm 2pm -4pm Monday to Friday

After Hours Care

For emergencies go to the local hospital or call an ambulance.

Prince of Wales Hospital/Sydney Children's Hospital.

Telephone: (02) 9382 2222



UNSW
AUSTRALIA

Counselling and
Psychological Services [CAPS]
Student Life and Learning

Welcome

The UNSW Counselling and Psychological Services extend a warm welcome to you! Whether you are a student or member of staff at UNSW or just a curious visitor, you will find lots of information about us and the free services we provide as you browse through this site. Please do not hesitate to contact us or visit our website (student.unsw.edu.au/wellbeing)

Services

The UNSW Counselling and Psychological Services provides a free and confidential service to all students enrolled at UNSW. A range of services are offered to assist students to make the most of their university experiences, such as:

- individual counselling
- specific programs, workshops and seminars for skills development
- Self-help resources so that students can help themselves to information and resources that promote wellbeing and adjustment to university life.

Contact Us

- **Kensington**
Level 2, East Wing,
Quadrangle Building,
University of New South Wales,

Kensington, 2052

- **T:** +61 (2) 9385 5418
F: +61 (2) 9385 6115
E: counselling@unsw.edu.au
Office Hours: 9:00am - 5:00pm
Monday to Friday

- **Paddington Campus**
G Block G106.
T: +61 (2) 9385 5418
E: counselling@unsw.edu.au
Office Hours: Mon, Tues, Thurs, Fri, 8.30 – 4 and Wed 1.30 - 4

- **NIDA**
T: +61 (2) 9385 5418
Office Hours 11:30am - 2:30pm
Friday Only



NEW COLLEGE HARASSMENT POLICY – ABRIDGED



New College is a unique community that provides a network of relationships enabling connectedness and a sense of belonging. The strong academic and pastoral support systems that the College offers reflect the fact that the welfare and growth of residents are at the core of College life. Residents and staff at New College contribute to each other. Residents of New College enjoy the privilege of membership of this community, and with it, responsibility to contribute in positive ways to the lives of other people.

5.1 Definition

Harassment is any type of behaviour that the other person does not want; and which offends, embarrasses, or scares them and can be

- sexual, or
- targets them because of their race, sex, pregnancy, marital status, transgender, sexual preference or orientation (including homosexuality, lesbianism, bisexuality and heterosexuality), disability or long term illness, age, social origin, political belief, and religious belief,
- that, in the circumstances, a reasonable person should have expected would offend, embarrass, or scare.
- Harassment includes actual and perceived (imputed) race, sexuality, disability etc, as well as bullying or intimidation to such an extent that their (or others') health and/or safety is at risk.

Note: New College is committed to ensuring that harassment is not part of College life. "College life" encompasses activities on New College property as well as those organized and run by Residents and staff outside the buildings.

5.2 Purpose of the policy

Harassment **is not tolerated** at New College and hence breaches of this policy may lead to formal cautions, fines or expulsion for residents and dismissal in the case of staff.

5.3 Witnesses / Bystanders to Inappropriate Behaviour

If any member of the College community is witness to behaviour that they consider may constitute harassment, bullying, sexual harassment or unlawful discrimination, or they are a bystander (bystanders are individuals who observe the behaviour first hand or are subsequently informed of the incident), it is appropriate and important that they raise their concerns about such behaviour to an appropriate community leader (e.g. RA, Dean, Master). The Master, College Deans or senior staff can provide advice and assistance to observers of alleged inappropriate behaviour regarding alternatives and strategies to safely raise their concerns.

7) Implementation and Responsibilities

It is the responsibility of all residents to respect the rights of others and ensure that they do not become involved in or encourage harassment. Every resident has the legal right to a work/study environment that is safe, and that is not sexually harassing, sexist, racist, anti-gay, anti-disability, ageist, or stereotyping in any other way.

Residents should be encouraged to help prevent harassment from occurring and should be prepared to offer support to others who they witness being harassed. The latter might include, for example:

- refusing to join in with the harassing behaviour;
- reminding others that they have the legal right to an harassment-free work/study environment;
- telling others that, if they feel able, they can say 'no' to the person or people who are harassing them;
- informing others that if the harassment does not cease they will report the harassment to a Resident Advisor.

- Ensure that they do not victimise any person including students who make a legitimate complaint,
- Ensure that they do not make false, malicious or vexatious complaints

What makes a good friend?

Having good friends is really important to your happiness. Figure out the signs of a good friend, and learn tips for how to be there for your own.

Why good friends are so important

A lot of research has been done looking into the benefits of friendship, and the research has found exactly what you might expect. It turns out that the better quality relationships you have; the more likely you are to be happy. Therefore it's good for your happiness to be a great friend to someone and to have a group of good friends supporting you. But it can be hard to pinpoint exactly what makes a good friend.

Signs of a good friend

Friends will come and go in your life, but more important than how long a friendship lasts, is that a good friend will love you for who you are. The way you can tell the sign of a good friend is by looking at the actions they take – big and small – that show they care.

Some common signs of a good friend include

- › someone who will support you no matter what
- › someone you can trust and who won't judge you
- › someone who won't put you down or deliberately hurt your feelings
- › someone who is kind and has respect for you
- › someone who will love you because they choose to, not because they feel like they should
- › someone whose company you enjoy
- › showing loyalty
- › being trustworthy and willing to tell you the truth, even when it's hard
- › someone who can laugh when you do
- › someone who is willing to stick around when things get tough
- › someone who makes you smile
- › someone who is there to listen
- › someone who will cry when you cry

How to be a good friend

If you want to do all or many of the things listed above for someone you care about, you're already a good friend. It's also common though, to not know exactly what to do or say to be there for someone. Some practical things you can do to be there for a friend include:

Listen. Listening is so important not to underestimate, but it can be hard to do. The best way to listen is to try and understand the situation from your friends' point of view. If you aim to do this, you'll naturally find yourself beginning to ask the right sort of questions and they will appreciate

This can help if...

- › you're not sure about a friendship
- › you don't know what to do or say to a friend
- › you want to figure out what a good friend is

Take action...

- › Compare you and your friends to the above list of traits
- › Write down what type of friend you'd want and like to be
- › Read real-life stories of friendship on ReachOut.com

having someone who really cares about how they feel and what they're going through. You don't have to have all the answers, and you shouldn't assume your friend wants advice – they might just want to talk so that they can work out what they're going to do themselves.

Ask them what they need. If you're worried about someone and you want to be there for them, just ask them what they need– that way you know what they find helpful during tough times, and you can be there in a way that's most useful to them.

Get physical. Smiles and hugs are a great way to show friends that they're not alone, that you're there for them, and that they are important.

Keep in touch. Even if you guys aren't nearby each other, making an effort to keep in touch through facebook, emails, texts and calls will show your friend you are there for them

Tell them how you feel. You don't have to make a big deal of it all the time but sometimes there are moments where letting someone know that they're important to you through something you say, can make a big difference to how someone is feeling.

Get the facts. If your friend has a medical condition, or a mental health issue, a good way to offer support is to learn about what they've been diagnosed with. Taking an interest in what they're going through shows that you care, and that you're planning to stick around no matter what's going on.

Be willing to make a tough call. If you think the safety of your friend is at risk, you might need to act without their consent and get help (see the sidebar for where you can seek help). It can be a hard choice particularly when you're worried about their reaction, but remember that you are acting because you care and you don't want them to be hurt.

Drugs

A drug is anything that changes how your brain works. People take them for all sorts of reasons. There are different types of drugs, with different effects. There are added dangers to taking illegal drugs. You shouldn't mix drugs.

What are drugs?

Drugs are any chemicals you put in or on your body that change how your body or brain works. They include prescription drugs, over-the-counter drugs, alcohol, tobacco, and illegal drugs like marijuana, ecstasy, cocaine, LSD and amphetamines.

Why do people take drugs?

People take different types of drugs for a heap of different reasons – to relax, as part of socialising, because they're addicted, to fit in, because they're bored or curious, or to escape their problems.

Types of drugs

There are three main types of drugs – depressants, stimulants and hallucinogens.

Depressants Depressants slow down messages to and from your brain. Alcohol, opiates (like heroin and morphine), cannabis, sedatives (like valium), and some glues, petrols and other solvents are all depressants. Mixing depressants means you're more likely to OD, so sticking to one type is the safest way. Large amounts of depressants can make you pass out and stop breathing or make you feel sick and vomit.

Stimulants. Stimulants speed up the messages going to and from your brain. Caffeine, nicotine, amphetamines (like speed or ice), ecstasy and cocaine are stimulants. Using stimulants:

- > Puts a strain on your heart
- > Increases your body temperature
- > Stops you feeling hungry
- > And can make you paranoid, anxious or psychotic

Mixing stimulants with each other or with depressants puts extra strain on your heart and can cause major health problems.

Hallucinogens. Hallucinogens change your perception of reality. LSD, magic mushrooms, ecstasy, mescaline, and high doses of cannabis are all hallucinogens. People who take them often hear and see things that aren't

This can help with...

- > General info about drugs
- > Knowing the types of drugs
- > Knowing which drugs do what
- > Planning and making decisions about drugs

Take action...

- > Stay safe with drugs
- > Learn about specific drugs
- > Get help with drug problems

really there. How your “trip” goes depends on your mood, state of mind and setting. You can’t predict whether it will be good or bad, or how strong it will be. Hallucinogens can:

- › *Make you panicked, anxious or paranoid*
- › *Make you take risks you wouldn’t normally take*
- › *Make you lose touch with reality (see our fact sheet ‘All about psychosis’)*

Illegal drugs

Drugs are made illegal when they pose serious risk to people’s health. Taking illegal drugs can be dangerous because, apart from the negative health impacts of the drug itself, there is no quality control over what you’re taking. You’ve got no way of knowing how strong or weak the drug is, or whether there are other dangerous substances mixed into it which could cause serious health issues. It’s possible that you might take way too much, or even different stuff to what you were after.

Mixing drugs

Mixing drugs can be dangerous – and that includes alcohol. It can be dangerous because it can really mess up the chemistry in your body, and cause serious or life threatening damage to your health. It can also be dangerous because it could make you do dangerous things.

Getting help with drugs

You can get help with drug problems like health issues and addiction. If you think you could use some help, you should start with a GP or other health professional, or talk to the Drug and Alcohol Information Service in your state for more info.

Alcohol emergency - what to do

Sometimes too much alcohol can lead to emergency situations. There are ways to tell if someone is drunk, or has alcohol poisoning. It's important that you call an ambulance in an emergency. There are ways you can help before and after the ambulance arrives, and things you can do if alcohol emergencies keep happening.

This might help if:

- You or someone you know drinks a lot
- You want to know how to help a drunk friend
- You've had to look after your drunk friends before



How much is too much?

Different people can drink different amounts. Some people have big reactions to just a small amount of alcohol, and others can drink a lot more with what seems like no negative effects. When someone has had too much to drink, you might notice that they:

- Aren't able to walk or talk properly
- Are vomiting
- Are passed out
- Are acting strangely

If these things are happening, you should stay with the person, and try to get them to stop, or at least slow down, their drinking. Find out more about helping a drunk friend.

If you need expert advice about a friend who has drunk too much, call the Poisons information centre on 13 11 26. However, if you're still really worried or unsure about what's going on, don't hesitate to call emergency services on 000.

Alcohol emergency

Alcohol poisoning is an emergency - it carries a really serious risk to someone's health and will likely cause someone to:

- Pass out and not be able to be woken
- Vomit, shake or have seizures
- Breathe slowly or irregularly
- Be cold to touch, with blue or pale skin

If any of these are happening, it's an alcohol emergency and you should call 000 immediately for an ambulance.

If you're ever worried about a friend who has drunk too much, even if they're not experiencing any of these symptoms the safest thing to do is call 000 and they'll be able to tell you what to do.

Emergency Strategies

Make sure you stay with a friend if they are in an emergency situation or if they are experiencing any of the symptoms above. When you call emergency services they'll want to know:

- Your location, including nearby landmarks
- Your phone number
- The story of what happened
- How many people are in trouble, what their condition is, and what's being done to help them so far
- Other information that will help them know what to do

You should stay on the line until the emergency operator hangs up. Also make sure to stay with the person in trouble until the ambulance arrives.

When the ambulance arrives

When the paramedics get there, they'll ask you questions about what your friend drank, how much, and how quickly. They will also ask if they took anything else including illicit, prescription or over the counter drugs. If you know that your friend has taken something in addition to alcohol, it's really important that you tell the paramedics - they are only interested in helping your friend, not getting anyone in trouble. Paramedics will only call the police if there is a threat of violence to them or someone else at the scene.

Afterwards

If you, or someone you know, keeps getting into alcohol emergency situations, it's a good idea to do something about it. Heavy drinking is really risky and can be really harmful over a long period of time - have a look at the factsheet on [binge drinking](#) for more info. You might also find it useful to check out some [tips for drinking responsibly](#) to help get things under control. If you're worried about a friend, [have a chat to them](#) about it.

If you're struggling to manage or you're worried that there might be something else going on with you or your friend, have a read to see if [something's not right](#). or have a chat to a [health professional](#) about what you can do.

What can I do now?

If your friend is showing signs of alcohol poisoning, or if you're in doubt, call 000. Get some more info on [regrets from alcohol and drug use](#).

Check out some [tips for drinking responsibly](#).



BLACK DOG INSTITUTE

Fact Sheet

SYMPTOMS OF DEPRESSION

What this fact sheet covers:

- Distinguishing depression from an occasional 'down' mood
- Symptoms of depression
- When to seek help for depression
- Key points to remember
- Where to get more information

Distinguishing depression from an occasional 'down' mood

Depression is a common experience with one in seven Australians experiencing depression in their lifetime. We all experience periods when we feel low and a bit depressed.

Experiences such as having a bad day at work or hearing some bad news can impact on our mood. Sometimes we can even feel sad for no reason at all.

In most cases, people 'bounce back' however, people with clinical depression lack the ability to pick themselves up from feeling down. If symptoms of depression are severe, last for **two weeks** or more, and affect your functioning at home or at work, you may need to see a health professional.

Symptoms of depression include:

- Feeling bad about yourself
- Changes in sleep patterns
- Changes in appetite or weight
- Feeling overwhelmed by pessimism, anger, guilt, irritability and anxiety
- Varying emotions throughout the day for example, feeling worse in the morning and better as the day progresses
- Not able to enjoy life
- Not so interested in sex
- Reduced pain tolerance: decreased tolerance for minor aches and pains
- Poor concentration and memory
- Low motivation to do things that used to matter to you
- Feeling exhausted

When to seek help for depression

If symptoms of depression are severe, last for **two weeks** or more, and affect your functioning at home or at work, you may need to see a health professional. Having one or two symptoms by themselves is unlikely to indicate depression. However, there could be physical causes which may warrant medical assessment.

If you are feeling suicidal contact Lifeline's 24 hour crisis support service on 13 11 14 or seek immediate help from a GP, psychiatrist or a psychologist.



BLACK DOG INSTITUTE

Fact Sheet

SYMPTOMS OF DEPRESSION

Key points to remember

- Occasionally feeling depressed or down is a common experience
- If feelings of depression are severe, last for two weeks or more, and functioning at home or at work is impaired, professional assessment should be sought
- If feeling suicidal, seek immediate help from a mental health practitioner such as a GP, a psychiatrist or a psychologist

Where to get more information

- **Depression Self-test:** www.blackdoginstitute.org.au
- **Journeys with the Black Dog: Inspirational stories of bringing depression to heel**, Tessa Wigney, Kerrie Eyers & Gordon Parker (2007), Allen & Unwin
- **1800 011 511 Mental Health Line** is a NSW Government phone service operating 24 hours a day, seven days a week and will provide a telephone triage assessment and referral service staffed by mental health clinicians.

Black Dog Institute

Hospital Road, Prince of Wales Hospital, Randwick NSW 2031

(2) 9382 4530 Email: blackdog@blackdog.org.au

www.blackdoginstitute.org.au

“I worry too much, I’m always stressed, I keep having panic attacks” About Anxiety

Anxiety is a normal human emotion. All of us feel anxious from time to time. Stress, worry, fear and panic are everyday words that we use to describe anxiety.

When we experience anxiety we often are affected by three types of symptoms:

1 - Unhelpful Thoughts:

Examples include: worrying about things that might happen, or things that have happened in the past. Having negative thoughts about ourselves or the future.

2 - Physical Symptoms:

Examples include: rapid heart rate, feeling sweaty or hot, trembling, upset stomach, muscle tension, headaches and feeling irritable.

3 - Changes in Behaviour:

Examples include: avoiding events, places or people that trigger feelings of anxiety. We may only go places when accompanied by another person.



Because most of us occasionally feel anxious we can all recognise some of these symptoms. However, there are important differences between normal levels of anxiety and having an Anxiety Disorder.

What Is An Anxiety Disorder?

An anxiety disorder is diagnosed when symptoms of anxiety are severe, happen too often, and affect a person’s ability to live a normal life. These symptoms should be present for at least one month, although usually people have experienced symptoms for years before seeking treatment. Anxiety Disorders should only be diagnosed by a registered and experienced health professional.

About 1 in 7 (14%) of Australians are affected by an Anxiety Disorder each year. There are several different types of Anxiety Disorders. People may have symptoms of more than one type of Anxiety Disorder at a time. Many people also have symptoms that increase and decrease over time.

General Anxiety Disorder

“I worry about everything.”

Social Anxiety Disorder

“I wish I was comfortable talking to others or speaking in public.”

Panic Disorder

“I don’t know why the panic happens, but I worry I’m going to have a heart attack, lose control, or die.”

OCD

“I have upsetting thoughts and feel like I need to do specific things so that nothing bad happens.”

PTSD

“I get really worked up and upset every time I think of what happened to me.”

Treatment for Anxiety

Having an anxiety disorder does not mean that a person has a weak personality or a weak character. Instead we believe that people with an anxiety disorder often have not had a chance to learn about their symptoms, or have not had a chance to learn skills for managing these symptoms.

Anxiety disorders often restrict what people feel able to do. We know that many people with mild symptoms of anxiety still work, study and have healthy relationships, but that this is harder for people with moderate and severe anxiety. Some people with severe symptoms of anxiety have difficulty leaving the house or being alone. Some people with anxiety symptoms become worried that they can't control their anxiety, and may become worried that they will become isolated, lonely, or depressed. People with anxiety disorders also have a higher risk of depression and substance use problems than other people.

The good news is that anxiety disorders can be treated, regardless of age. We also know that people who have symptoms of anxiety, but do not have a full anxiety disorder, can still benefit from learning the skills that are taught in psychological treatment programs. This is known as early intervention. Early intervention can stop symptoms from becoming chronic and severe. Getting effective treatment for an anxiety disorder often also has the effect of reducing symptoms of other psychological disorders, such as depression.

The first step in recovering from anxiety is to learn to recognise your own symptoms. This will help you to identify targets to work on in treatment. This can also help you recognise early warning signs of relapse once you have recovered. Please note that it is important that you see your doctor for a check up to rule out other causes for anxiety symptoms.

We believe that the best treatments involve learning about your symptoms, learning skills for managing these symptoms, and then gradually resuming your usual activities. Learning to beat anxiety takes courage, commitment and practice, but many people successfully learn to overcome symptoms of anxiety and anxiety disorders.

For further information about treatment options and assistance you can:

- Talk to your General Practitioner
- See a Psychologist, Psychiatrist, or another mental health professional to learn to manage your symptoms
- Complete a [MindSpot Clinic Online Screening Assessment](https://mindspot.org.au/helpful-information) (<https://mindspot.org.au/helpful-information>) to learn more about your symptoms and treatment options

About sexual health

If you're sexually active, it's important to keep an eye on your sexual health. Get the facts on sexual health and why doctors' visits are important. Find out what a sexual health check up involves, including what to do if a check up is making you uncomfortable.

This can help if:

- You're sexually active
- You're worried you might have an STI
- You want info on visiting doctors for sex related health issues



What is sexual health?

When people think about sexual health, they mostly assume sexual health is about sexually transmitted infections or sexual dysfunction. They are definitely part of sexual health, but there's more to it than that. Sexual health is about three things – safety, pleasure and respect. In other words, it's about caring for yourself in sexual relationships.

Factors important to your sexual health

- **Good communication.** It's important that you feel comfortable discussing your sex life with your partner. Get tips on how to communicate effectively.
- **Enjoyment.** Both you and your partner should be working together to ensure that your sexual relationship is fulfilling.
- **Respect.** It's important that sexual relationships are based on respect for each other's needs, desires and value as a person.
- **Consent.** The person you're with needs to be happy and comfortable with the sexual relationship you have. Non-consensual sexual activity is a crime, so make sure you understand the laws around consent.
- **Minimising risk of pregnancy and STI's.** Make sure you understand the risks of pregnancy and STI's in sexual relationships, and learn how to practice safer sex.

Sexual health checks

If you are sexually active, it's important you visit a doctor regularly to have sexual health checks, even if you feel nervous about it. Remember that you're not alone in feeling this way. At the check ups, you'll be able to discuss your sexual and reproductive health and rights issues.

Sexual health checks can involve:

- Tests – e.g. for sexually transmitted infections, pap smears (for women), or sexual dysfunction
- Discussing contraception – including long term contraception options
- Reproductive issues
- Discussing your rights in sexual relationships

Anyone who is sexually active should have sexual health check-ups, but how often and when depends on your lifestyle and sexual activity. A sexual health check is really recommended if the following circumstances apply to you if:

- You think you might have an STI
- You've had unsafe sex, including vaginal, oral and anal sex
- A condom broke or fell off during sex

- You or your partner have more than one sexual partners
- You've shared injecting equipment
- You're at the start of a new sexual relationship

Getting a sexual health check

Sexual health checks can be intimidating and scary. It can be hard to talk about sex with other people, and it can be even harder when you're young.

Questions you could be asked

During a sexual health check you will probably be asked a number of detailed questions about your sexual history. They might include:

- How many sexual partners you've had
- About the type of sexual activity you engage in
- Who you have sex with (men, women, or both)
- Whether you have any symptoms that could indicate a sexual health or reproductive problem

As uncomfortable as it is sharing this kind of information with someone you don't know very well, it's important to answer any questions honestly; as it could impact on the types of tests or advice you're given. Untreated STIs can lead to long term health problems like infertility, organ damage or blindness.

Tests that could be performed

With your permission, a health practitioner may also:

- Examine your external genital area for signs of STIs
- Take swabs of fluid or discharge on a cotton bud for examination under a microscope
- Ask you to provide a urine sample or blood test
- For women, perform a vaginal examination, such as a pap smear (a swab on the cervix inside your vagina to test for signs of cervical cancer)

Asking questions

It's a great idea to ask any questions you have, including about any tests you have, confidentiality or about the impact any health issues may have on your life.

If a sexual health check is making you uncomfortable

Sexual health checks can be uncomfortable, awkward and embarrassing. It might not put all your concerns at ease, but it's worth remembering that for a doctor or qualified health practitioner, sexual health checks are a normal part of their job. However, make sure you stay in tune with how you're feeling. If you're really uncomfortable with the practitioner, or you think they aren't comfortable with the situation, you might like to see someone else.

What can I do now?

Book an appointment with your doctor or local family planning clinic.

Get personalised support options for sexual health with the ReachOut NextStep tool. Find out info about your healthcare rights.

Get info on sexually transmitted infections (STIs) and what symptoms to look out for.

Kensington Campus Help Points



Buildings	Mathews	F23	UNSW Fare (Mathews Arcade)	E24a	Theatres	G27	Science Theatre	F13	IT Service Desk	F21	Student Recruitment Office	F20
223 Anzac Parade	L5	J17	Barker Apartments	N13	AGSM Theatres	F8	UNSW Residential Communities	D16	Kingsford Legal Centre	F8	Squash Courts	B7
AGSM	G27	D7	Creston College	A25	Allens Arthur Robinson	E27	Admissions and Enrolments	C22	Learning & Teaching Unit @UNSW	F23	Swimming Pool	B4
Australian School of Business	E12	C20	Goldstein Dining Hall	D16	Biomedical Theatres	E19	Arc @ UNSW	G6	Library	F21	The Learning Centre	C22
Biological Sciences	D26	J12	International House	C6	Central Lecture Block	F10	Careers Employment Office	E15	Lifestyle Clinic	A27	University Health Services	E15
Blockhouse	G6	D2	New College	L6	Chemical Sciences Theatres	H20	Cashier	G6	Marketing Development	C22	UNSW Bookshop	B5
Building D10	D10	K15	New College Postgrad, Village	H3	Clancy Auditorium	C24	Chaplains	E15	Museum of Human Disease	F25	UNSW International Student Centre	H13
Chancellery	C22	E24	Philip Baxter College	D14	Civil Engineering (Room G1)	B14d	Arc CONTACT	E4	New South Innovations	M15	UNSW Scholarships	F21
Chemical Sciences	F10	H13	Shalom College	N9	Fig Tree Theatre	F8	Coop program & Scholarship	E15	Nura Gill - Balnaves Place	G17	UNSW Student Central	C22
Civil Engineering	H20	G14	Warrane College	M7	Gonski Levy Theatre	D9	Counselling Service	F21	Optometry Clinic	M15	Venues and Events	F23
Computer Science	K17	E6	UNSW Village	B10	IO Myers Studio	J14	Equity and Disability Unit	E15	Physiotherapy Clinic	B5	Childcare Centres	
Dalton	F12	M15	University Terraces	B8	Keith Burrows Theatre	F8	Facilities Management	F20	Post Office	F22	Kangas House	O14
Dangerous Goods Store	F17A	H8	Faculty Offices		Law Theatres	J18	FM Assist - ID Cards & Parking	F23	Print Post Plus (P3) - Printing Services	F23	House at Pooh Corner	N8
Electrical Engineering	G17	F25	Arts and Social Sciences	C20	Macauley Theatre	E15	Permits	F23	Religious Centre	E4	Tigger's Honeypot	BS22
Golf House 38 Botany Street	A27	G23	Australian School of Business	E12	Mathews Theatres	D23	Foundation Studies	L5	Research Services	M15	Owl's House	KS9
John Goodsell	F20	E4	Built Environment	H13	New South Global Theatre	G14	Freehills Law Library	F8	Security	H8		
John Niland Scientia	G19	H6	Engineering	K17	Old Main Theatres (112)	K15	Graduate Research School	M15	Sports Association			
Law	F8	H22	Law	F8	Parade Theatres	H13	Human Resources	C22				
Library	F21	C27	Medicine	G27	Physics Theatre	G19						
Lowy Cancer Research Centre	C25	J18	Science	F12	Red Centre Theatre	M15						
Materials Science	E8	H1			Rex Vowels Theatre							
					Ritchie Theatre							
					Rupert Myers Theatre							