The Forum meets once a month,

At **4.30 pm on Wednesday**

in the Post Grad Lounge (Guild Village).

To know the date of the next Forum meeting,

Visit us on Facebook at

   A Place for ME UWA

To Register follow the link on

   [www.guild.uwa.edu.au](http://www.guild.uwa.edu.au)

or Email UWApalacement@gmail.com

The group will meet a minimum of four times during the academic year 2012,

Join us! :)

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**INFO & REGISTER**

[www.guild.uwa.edu.au](http://www.guild.uwa.edu.au)

UWApalacement@gmail.com

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**A Place for ME**

*A Place for ME UWA*

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**A MENTAL HEALTH WELL BEING INITIATIVE OF THE DISCIPLINE OF SOCIAL WORK & SOCIAL POLICY**

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**PLACEMENT STRESS?**

*I'm Freaking out Impoverished Nervous Exhausted*

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**The University of Western Australia**

*Achieve International Excellence*

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Funded by Equity and Diversity Grants 2011
A Place for ME is a Forum created for students who undertake placement, internships, clerkships or other types of work experience during their uni course.

How does it feel to be on placement?

Have you been on placement before and felt powerless, exhausted, isolated from your friends, stressed, worried, pressured to succeed? Or perhaps you are about to go on your first placement and you would like to learn a few tricks to make it a great experience?

You are not alone! A Place for ME has the objective of raising awareness of difficulties and dynamics experienced by students on placement across a wide range of disciplines, and offer a platform for sharing knowledge and resources.

How does it work?

The students participating in the forum will share, compare, listen to each other's experience and being enriched by it in a supportive environment, accessing networks and knowledge.

It is Important! After the last Forum session, the group will give feedback to UWA providing a rich new understanding of students experiences on placement and suggesting changes for the future. The whole university and future students on placement will benefit from the group’s work!

A Mental Health Well Being initiative - what does it mean?

We are all familiar with definitions of wellbeing and stress when it comes to our bodies, but what about our mind? We all have a mental health: it encompasses the way we feel, act, function in our daily life.

Stress, difficult life experiences, sometimes physical factors can make us suffer mentally as well as physically and it is important to know that our mental health matters.

The initiative A Place for ME values and recognises it supporting students in their mental health wellbeing.

Need help right now?

If you are not feeling OK, and you wish to speak to someone or perhaps browse some mental health resources by yourself, here are some handy links:

- Student services: counselling and psychological services
  First floor Social Science building
  Phone: +61 8 6488 2423
  Email: counselling@uwa.edu.au

- The Guild Students Assistance
  Ground floor, Guild Village, near Bankwest ATM machine
  Phone: +61 8 6488 2295
  Email: education@guild.uwa.edu.au

- www.reachout.com
- www.thedesk.org.au
- www.beyondblue.org.au
- LIFELINE: 13 11 14