

OFFICE OF THE REGISTRAR
Department of Student Support Services: Counselling Services



MENTAL HEALTH MATTERS

What is Mental health?

- It represents our emotional, psychological and social wellbeing.
- It influences the way we think, feel and act.
- Determine how we handle stress, relate to others and make choices.
- It is crucial at every stage of life.

Why is Mental Health Important?

Positive mental health allows people to

- Realize their full potential
- Cope with the stresses of life
- Work productively
- Make meaningful contributions to the community

Symptoms of poor mental health

- Emotionally unstable and easily upset
- Apprehensive, suspicious and insecure
- Self-critical, empowered with a feeling of guilt
- Lack of self-confidence and willpower
- Having difficulties in adjustment
- Unresolved conflicts, strain and stress
- Unrealistic attitude towards life and people
- Lives in imagination and fantasy

What can I do to help protect my mental health?

- Play: Learn to do something new and fun
- Know yourself: Be attuned to your thoughts and feelings. Keep a journal. Recognize when your thoughts and acts are not typical.
- Know your limit: Don't overdo things, and have quiet time. Turn off the cell phone, TV etc.
- Practice stress management and other self-care strategies: Know when and where to get help as soon as you suspect you need it, from a trained counsellor or through a medical referral.



FNU Counselling Services is available. Contact :

Varsha Naidu : Disability Centre, Nasinu Campus Mobile: 8960857 counsellor-vn@fnu.ac.fj
 Kantha Mani : E Block, Natabua Campus Mobile: 8910854 counsellor-km@fnu.ac.fj

Other Available Support Services Helplines :

Lifeline Fiji (toll Free): 132454 | **Fiji Women's Crisis Centre:** 331 3300 / 920 9470 | **Domestic Violence Helpline (Toll Free):** 1560
Empower Pacific (Toll Free) 5626 | **Medical Services Pacific (MSP):** 991 0894
Ministry of Health: Stress Management Ward-CWMH 331 3444 | **Lautoka:** 666 0399 | **Labasa:** 881 1444