

Dear Law Students,



### **HEALTH AND WELL-BEING**

The Law School is committed to preparing students for the rigors of legal practice. On the journey through your course, it is acknowledged that students may require support due to a variety of personal reasons. For example:



- some law cases or information discussed may contain confronting material;
- there may be a pre-existing condition or a change in your personal circumstances (medical or otherwise).

It is advisable that students identify and address such issues as early as possible and seek support where necessary. Support can be in the form of course counselling, that is, looking at your study load and assessing whether this should be adjusted to meet your current needs. Or sometimes, it is just about having a chat with someone regarding what is concerning you and getting some advice on next steps.

There is a variety of support mechanisms in place for you to use, both within and outside of the School of Law.

<b>SCHOOL OF LAW</b>	
<p><b>Brent Scafidas</b>, Assistant Dean of Students and Senior Lecturer (Corporations and Partnerships, Commercial Law and Lender Liability)</p> <p><a href="mailto:Brent.scafidas1@nd.edu.au">Brent.scafidas1@nd.edu.au</a></p> <p>Or contact the Law School Reception on (08) 9433 0720 to make an appointment.</p>	
<p><b>Justine Howard</b>, Lecturer (Criminal Law, Remedies and Alternative Dispute Resolution)</p> <p><a href="mailto:Justine.howard@nd.edu.au">Justine.howard@nd.edu.au</a> Phone (08) 9433 0724</p>	

However, the School of Law staff, both academics and administrative staff, are here to help so if you feel more comfortable talking to one of your other lecturers or administrative staff instead, please do so.

<b>UNIVERSITY</b>	
<p><b>Student Counselling Service</b> Student Services ND5/100, P&amp;O Hotel (entrance via laneway at 20 Mouat Street).</p> <p>Phone (08) 9433 0580 to make an appointment.</p> <p><a href="http://www.nd.edu.au/fremantle/current-students/student-services/counsellingservice.shtml">http://www.nd.edu.au/fremantle/current-students/student-services/counsellingservice.shtml</a></p>	
<p><b>Campus Ministry</b> Chaplain: Fr Subash Fernando OMI Phone: (08) 9433 0551 Email: <a href="mailto:chaplain@nd.edu.au">chaplain@nd.edu.au</a></p> <p>Manager, Campus Ministry, Tom Gourlay Phone: (08) 9433 0620 Email: <a href="mailto:Tom.Gourlay@nd.edu.au">Tom.Gourlay@nd.edu.au</a></p> <p><a href="http://www.nd.edu.au/ministry/fremantle">http://www.nd.edu.au/ministry/fremantle</a></p>	

There is an extensive amount of online resources available through the Student Services website (listed above) and contact numbers of external organisations that can also help. There are also free hard-copy information booklets available from Student Services office on dealing with matters such as anxiety and depression which includes information on achievable changes that will support a healthy lifestyle, both mentally and physically.

We encourage you to:

- **get involved** with the Notre Dame Law Students' Society (NDLSS) and the events offered to balance out the study load with the extracurricular learning and social events
- **stay active** – exercise is a proven measure to counteract stress
- **don't procrastinate** about getting help. Talk to someone earlier rather than later and work out a plan to deal with the situation.

We are here to help you but you need to be proactive about helping yourself.

All the best for a successful year ahead!