My broadcast

Date of broadcast

1 May 2027

Topic

Looking after international student wellbeing

Purpose of the broadcast

To discuss why international students may experience mental health concerns, what can help enhance their wellbeing and where they can go for support.

I will be including content on:

*Tick all that you will be doing

- [ ] What mental health is and what you can do to stay well.
- [ ] Signs that someone might be struggling and what you can do.
- [ ] What helps and what makes things harder.
- [ ] Particular groups of people and specific needs, such as refugees and asylum seekers, international students, younger or older members of the community.
- [ ] The role of faith or religion in conversations about mental health and wellbeing.
- [ ] What is stigma and how it relates to mental health concerns and suicide.
- [ ] How to encourage people to get and give support.
- [ ] Bringing in people with experience (professional, community or personal).
- [ ] Places that can provide information and support to the community.

EXAMPLE TEXT

Where I can go to find out more about his topic

Use the *Useful places to find more information and support* resource as a starting point for identifying useful organisations and make your notes below.

Where	Type of information
e.g. Department of Education	Guide for enhancing international students' mental health and wellbeing and data on international students
National Union of Students	Types of challenges that international students may experience
headspace	Guide for supporting international students

EXAMPLE TEXT

Key messages I will include based on this research

If including data, list where you got this data from.

Key message	Relevant data and source
Common stressors for international students: • Cultural adjustment • Academic pressure • Social isolation • Financial stress • Racism	National Union of Students Universities Australia
Signs to look out for: • Constant worry about academic performance, visa status, finances, or family back home • Feeling overwhelmed or unable to relax • Fear of making mistakes (especially in English-speaking settings) • Homesickness that doesn't improve over time	University counsellor
There is support available: • University support services such as counselling, peer support groups, orientation programs. • Online mental health resources and apps.	headspace Local student with personal experience
Other: Number of international students in town/region	Department of Education: https://www.education.gov.au/international-education-data-and-research/international-student-monthly-summary-and-data-tables

EXAMPLE TEXT

I will be including others in my broadcast ☐ Yes ☐ No

*Skip to next page if selecting 'No'

List the people I am interviewing and draft questions to ask them in the table below

Supply these to people ahead of the interview.

Person	Question/s
National Union of Students representative	• Why do international students often face higher levels of pressure compared to domestic students, particularly around academic expectations, finances, and visa requirements? • How do policies, such as work limitations, visa rules, or tuition fees, contribute to the challenges experienced by some international students? • What does the National Union of Students hear most frequently from international students about the pressures they experience?
University counsellor	• What are some early signs that an international student might be experiencing anxiety or other mental health challenges, even if they don't openly say so? • How can lecturers, tutors and friends recognise when a student's stress is becoming a wellbeing concern rather than just normal adjustment? • What kinds of support services does the university provide specifically for international students, and how can students access them confidentially?
Student with personal experience	• What were some of the biggest personal challenges you faced when you first arrived in Australia, and how did they affect your wellbeing? • When things have felt stressful or overwhelming, what coping strategies or routines have helped you manage your mental health? • What kinds of support, have you found most helpful, and why?

EXAMPLE TEXT

Content advice to include:

Include content advice if it is relevant.
This will be informed by your research and discussions with people you are interviewing.

In your discussion with the local university student you are interviewing, they disclosed that they will be discussing an experience of suicidal distress.

You supplied the *Our Stories Matter* workbook so they can tell their story as safely as possible for themselves and your audience.

Based on this you have decided to give the following content advice at the commencement of your show:

"This week's episode is a conversation with [Insert student name here], and they will be sharing their story of surviving a suicidal crisis.

Support services I am going to include in my broadcast:

- Lifeline 13 11 14 or text 0477 13 11 14 for 24/7 crisis support and suicide prevention services.
- Beyond Blue info line: 1300 22 4636, available 24/7
- headspace headspace 1800 650 890 between 3pm - 10pm in your local time
- If needed, call Translating and Interpreting Service first on 131 450 (cost of local call) and they will connect you to the service you need and help you on the call.
- Check your university student services page to get the contact details of your counselling service.
- Contact your GP.

Other notes:

EXAMPLE TEXT