



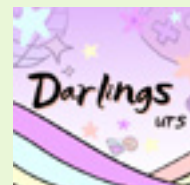
**WEAR IT
PURPLE**

Wear it Purple

A curated list of Queer Mental
Health Resources at UTS



*Respect.
Now.
Always.*



A message from the Wear It Purple Foundation

On Friday 25 August 2023, gender and sexually diverse youth and their allies unite in record numbers to celebrate Wear It Purple Day as thousands of schools, community organisations, universities, and workplaces celebrate nationwide.

By wearing purple, Australians demonstrate to rainbow young people that they are seen, supported and respected; acknowledging they all have the right to be proud of who they are and who they are becoming.

Originally founded by students in response to global stories of teenager and queer youth at risk of suicidal thoughts and behaviours due to bullying and harassment, Wear It Purple Day has become an international movement of celebration and support.

Wear It Purple is a volunteer-led and run organisation that focuses on creating safe spaces for rainbow youth in schools, universities, workplaces, and public spaces. These real stories, real responses and real heartbreak resulted from a lack of acceptance, a lack of community, support, and safety due to their sexuality or gender identity. This year's theme, Write Your Story, is created by Wear It Purple's Youth Action Council (YAC) to give voice to growing rhetoric in the LGBTQIA+ youth community around the importance of personal expression and individuality.

One of Wear It Purple's priorities is to assist our universities to run events for Wear It Purple Day. We provide free celebration kits and resources for them to do so.

Whilst Wear It Purple Day is the main event on our calendar, the volunteer organisation strives 365 days of the year to bring youth issues to light through supporting the arts, community, and education initiatives. The team research, build, and provide free resources and thought leadership to schools seeking an inclusive culture and join forces with other amazing community organisations to ensure the conversation on LGBTQIA+ inclusion continues to move forward no matter the political climate.



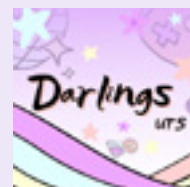
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Proudly brought to you by



Hello from the ActivateUTS Wellbeing Team.

Lorenzo Canu and Andrew Minutillo.

We are so excited to celebrate Wear It Purple Day with you and recognise the gender and sexually diverse communities in Australia. The day is about increasing the visibility of these diverse communities while challenging some of the harmful social pressures that these communities experience.

Wear It Purple Day isn't just about starting these conversations. It's about encouraging people to show their support by wearing purple, forming a visible network of supportive rainbow role models, and helping young people develop the confidence to live safe and authentic lives.

Research shows that gender and sexually diverse Australians are far more likely to experience mental ill health than the wider community. That's why we need to be visible in our solidarity and support at a UTS level and community-wide because visibility will drive better, more equitable and safer mental health outcomes for everyone.

Since we began, ActivateUTS has been passionate about connecting, promoting, and celebrating the gender and sexually diverse community at UTS.

This year, through our Wellbeing Rep program, we've formed a network of students passionate about mental health and keen to connect students with mental health services at UTS and beyond.

At our events and through our training, we continually identify ways to increase our support for queer mental health.



We know Wear It Purple Day is only one day out of 365. We are excited to spend this day highlighting our passion for these communities. A celebration and a chance to come together to question, look around, and support one another.

In this booklet, we hear from different groups from the UTS community. They share how they show their passion for the gender and sexually diverse community here at UTS. We've included some resources and community organisations we're proud to work with year in and year out to support our students inside and outside our university.

Happy Wear It Purple Day!

From, the ActivateUTS Wellbeing Team.



REACH OUT FOR

- Student volunteering in wellbeing and mental health.
- Training opportunities.
- Events and activities in mental health.

Message from UTSSA.

Sara Chaturvedi UTSSA Queer Officer 2023.

For many, university is the first experience outside the sacred bubble of home. Our first opportunity at solo decision making and finding our identity. Something as simple as leaving high school can be a key catalyst into exploring and accepting diverse sexual orientation and gender identity. It's why the Queer Collective holds a key role on campus, ensuring a safe space for people to express their identity freely. We Wear It Purple to show the world that we are here, and we won't be silent.

The UTS Queer Collective is an autonomous collective for all gender and sexually diverse students at UTS to connect. We are free to join and offer an opportunity to conduct activism along with simply providing a space for fellow queers to find people like us and feel safe. We aim to create a support and resource network for all queer people within UTS. As a collective, we hold meetings to discuss and plan social, educational, and activist events throughout the year. Most of the events we hold will be private and autonomous, so if you are closeted; fear not! We ensure a high standard of privacy and will do our best to ensure safety.

We also have a private space on campus, accessible by card access for queer students to unwind, study and socialise.

REACH OUT FOR

- Queer Safe Space on campus.
- Educational events.
- Student activism.



Queer Safe Space on Campus

The UTS Queer Collective has a physical autonomous space on campus with a private location only disclosed to members. Our cosy safe space holds a bunch of educational material, cool archival resources, and just a spot for you to rest after a long day on campus. Our space is accessible with student card access to those who have signed up for the collective. Come visit the space to make queer friends on campus, participate in our movie nights and help in organising our upcoming campaigns. (We also have a microwave!)

Educational Events

We often work with fellow queer organising groups in Sydney to hold panels and events to learn about queer liberation. Recently, Pride in Protest held a forum on our campus exploring queerness in current Australian political contexts. Super informative and interesting!



You can find us on Instagram

 @utsqueerco

Message from RNA.

Catharine Pruscino, Program Manager: Respect.Now.Always program.

Respect.Now.Always. (RNA) is dedicated to preventing and eliminating sexual violence. We know from the

that gender and sexually diverse students are more likely to experience sexual harassment and sexual assault in university contexts. RNA recognises that our program plays a vital role in creating a safe and supportive environment for the queer community at UTS.

Wear It Purple Day is an opportunity for RNA to reflect on what we have been doing and what we can continue to improve to ensure that our queer and gender-diverse students and staff are safe, healthy, and happy during their time at UTS and beyond.

RNA has been involved in several initiatives aimed at supporting and celebrating the queer and gender-diverse community at UTS, including promoting training and workshops to students and staff on LGBTQIA+ issues and safety initiatives; collaborating on events and activations with clubs and societies such as the Queer Collective and Darlings; supporting events such as Fair Day and Wear It Purple Day; and hosting LGBTQIA+ panel talks such as our WorldPride



Gender and sexually diverse students have unique lived experiences of sexual violence, and so measures to improve inclusivity and safe learning environments must be catered to the needs of this community. We cannot have a one-size-fits-all approach to understanding sexual violence, and RNA is committed to working with gender and sexually diverse students and staff to design responses to sexual violence on campus tailored to this community's needs.

*Respect.
Now.
Always.*

**You can keep up with our events
by following our Instagram**

 **@uts.rna**

REACH OUT FOR

- Sexual violence prevention programs.
- Student volunteering in consent and sexual violence prevention.
- Collaborative working opportunities.

Message from Darlings.

Alex Sullivan, President Darlings UTS.

Being in University is a difficult transition for everyone, entering a new space away from home and being thrust into an environment of independence and adulthood.

For many people in the queer community, this is one of the first times many of us can truly explore ourselves, our sexuality, and our gender identity. Having friends with similar interests along the way can be essential in affirming what we already know and allowing us to explore ourselves in a safe space.

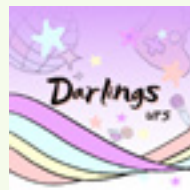
Darlings creates this sense of community, giving those looking to find and express themselves company along their journey. Running various social events for members of the community and allies, we create a safe and open space with zero tolerance for any hate towards any of our members. We look to make friends who can be a shoulder to cry on, a person to share all our thoughts with, or just someone to laugh with.



Wear It Purple Day is much in the spirit of Darlings, being a time where queer people can shout out loud that we are still here and we're not going anywhere. Darlings are similarly loud and proud active members of the UTS community. We hold weekly hangouts and social events where people can come to discover themselves and create a community along the way. Upcoming events include a charity trivia drive, a picnic in the park, ice skating and many, many more. We never shy away from our identity and stand proudly as an official ActivateUTS club.

REACH OUT FOR

- Queer social events.
- Queer community on campus.
 - Community support for gender and sexually diverse students.



**You can keep up with our events
by following our Instagram**

 **@UTSDarlings**

Mental Health at UTS – Informed and Inclusive services.

Alivia Nicolls, Welfare Officer, University Counselling Service.

UTS Student Services Unit (SSU) consists of the following support services



REACH OUT FOR

- Counselling and other support services.
- The UTS Ally program.
- Inclusion training.

Our staff receive ongoing

Staff that have completed the training program are

and by wearing their UTS Staff Pride lanyard, are easily identifiable to members of the gender and sexually diverse community requiring support.

Our staff also engage with professional development opportunities (facilitated by UTS and external providers) to further their of the issues faced by those belonging to sexual and gender minorities, and to ensure their practices are informed, attuned, empathic and affirming.

As registered psychologists, the UTS Counsellors can provide students with the letter of support required to update their gender identity at UTS after meeting with them. Whilst change of given or family name still requires students to provide proof of legal change of name (such as an updated passport or birth certificate), UTS Counsellors can support immediate implementation of changed title and preferred name, to be reflected on UTS student ID cards, in UTS student email addresses and on UTS systems.

UTS SSU looks to collaborate with diverse UTS Units and External Services contemporary to the needs of the UTS community. Examples include: events held by

aimed at empowering and educating young people around mental health, and the

which gives students 24/7 access to anonymous peer support and a professional crisis helpline.

Services at UTS



Where to get help, support, and guidance.

Services at UTS.

Open the door to a realm of caring services within UTS, where compassionate counsellors, dedicated academic advisors, and the ActivateUTS Wellbeing Reps are here to make your journey at university an incredible one.

ActivateUTS

Our Wellbeing Reps program is a student volunteer-based program who support the UTS community by increasing awareness of mental health services at UTS.

We run activations and events throughout the year, including at major ActivateUTS events (like O'Day!). We do this to support the overall wellbeing of our students and to encourage people to access referral and mental health pathways in the UTS community.

Our Reps take part in regular workshops and training sessions, so they're trained on how best to support their peers and promote wellbeing on (and off) campus. Expect a friendly, supportive community of passionate peers and a network that cares about what you care about.

If you're interested in our events, taking part in our training sessions or would like to become a Rep yourself.

University of Technology Sydney (UTS).

UTS Accessibility Service

The UTS Accessibility Service is the university's central contact point for all students living with one or more disabilities, medical or mental health conditions.

The Accessibility Service's main purpose is to help students take part in their learning and coursework, and encourages students to take on opportunities for:

- building upon their individual strengths and strategies.
- learning how to manage their disabilities or health conditions in the study environment.
- preparing for transition following university.

The Accessibility Service helps students to develop their independence, self-determination, and self-advocacy skills.

By getting in touch with UTS Accessibility Services, students can engage with a team of Accessibility Consultants (ACs). They'll help with creating an accessible learning environment, accessing services on campus, recommending learning and assessment adjustments, and facilitating or helping with applications for exam provisions.

Students can access at any time by making an appointment online, or by getting in touch through email or phone. Appointments are available on campus, online or phone.



+61 2 9514 1177



Accessibility@uts.edu.au

Services at UTS.

UTS Counselling

The UTS Counselling service offers confidential counselling sessions to help with a wide range of personal, psychological, study-related, and administrative difficulties.


Students can typically get up to six free sessions initially, with further sessions available after a GP referral. And these additional sessions usually attract no out of pocket costs for students.


UTS Counselling offers in-person, phone and video conferencing sessions for individuals. They've also got a comprehensive Student Self Help Guide to you manage your mental wellbeing. The counselling service has;

- counsellors who can help international students with personal, practical and administrative problems
- counsellors with special skills in assessing and treating more serious psychological problem
- counsellors who can provide counselling in languages other than English.

The service also delivers group counselling sessions, procrastination workshops, mindfulness meditation sessions, workshops across diverse situations in the student experience and even referral options to seek support for other students.

You can make an appointment by contacting the team via email or phone.

 +61 2 9514 1177

 student.services@uts.edu.au


UTS Financial Assistance Services

The UTS Financial Assistance service provides support for students seeking guidance and advice on study related finances.

Beyond facilitation consultation appointments with the Financial Assistance team, they also run community workshops, educational events and produce resources for students to increase their confidence with finances and literacy in different financial situations. The team are always there to help with budgeting, understanding tax and understanding your financial situation.

The Financial Assistance team can also help connect you to financial support options, which may include loans and grants under different eligibility requirements.

You can make an appointment by contacting the team via email or phone. Appointments are offered from Monday to Friday, 9.30am to 4.30pm. Appointments are available on-campus or online via Zoom or phone.

 +61 2 9514 1177

 financial.assistance@uts.edu.au

Run in partnership with the UTS Financial Assistance Program,

also provides eligible students with financial support to get involved in ActivateUTS events and programs. This can include ActivateFit.Gym, club and society events and other activities.

Where to get help, support, and guidance (CONT).

Services at UTS (CONT).

The UTS Psychology Clinic

The UTS Psychology Clinic is a not-for-profit teaching and research clinic that is staffed by Provisional Psychologists in their final years of training (Year 5 and Year 6) under the supervision of highly experienced registered Clinical Psychologists and Neuropsychologists.

Appointments can be made through emailing

✉ clinicalpsychology.clinic@uts.edu.au or

☎ +61 2 9514 7339

Administration staff will be available Tuesday to Friday 9.00am to 5.00pm to answer telephone enquiries. Voicemail messages will be returned as soon as possible.

Services are by appointment only Tuesday to Friday between 9.00am and 6.00pm (January to June) and 12.00pm to 6.00pm (July to December).

UTS Sexual Assault Support line

If you are a UTS student or staff member experiencing sexual assault or otherwise may be concerned about someone in our UTS community, please contact the UTS Sexual Assault Support line on 1800 531 626.

Respect.Now.Always (RNA)

RNA is dedicated towards the prevention and elimination of sexual violence in the UTS community.

RNA works with students, staff, and volunteers to run community and educational events about consent, sexual health, and sexual violence prevention. RNA can also help with the reporting process, help access support, or answer any questions about sexual health or sexual violence. You can also get in touch just to ask about the process! UTS Students' Association (UTSSA) UTSSA represents, supports, and advocates for the UTS student body. Run by students, for students, UTSSA are here to make sure that your time at university is as rewarding and stress-free as possible.

UTS Students' Association (UTSSA)

UTSSA advocates for a high quality, fully accessible education system which recognises students as the priority.

UTSSA deliver several student support services including Academic Advocacy and Advice, Peer Tutoring, Bluebird and Night Owl, Food Pantry and Vertigo publications. And UTSSA proudly support the Queer Collective.

Services outside UTS



Where to get help, support, and guidance (CONT).

Services outside of UTS.

If you'd like to access support outside of UTS, you can head to the ActivateUTS website.

We've curated a few of our favourite organisations who are dedicated to supporting the queer community.

ACON, Surry Hills

ACON began in 1985, delivering campaigns, programs, and training sessions supporting people living with HIV. Since then, ACON have expanded to include a broader approach to the health of gender and sexually diverse people in NSW.

ACON are a leader in community health, inclusion, and HIV responses for people of diverse sexualities and genders. The ACON team support gender and sexually diverse people and people with HIV to take control of their mental health by providing a range of counselling services and a care coordination program for people with complex mental health needs.

They also run community events, training programs, and outreach programs in the queer community.

You can find ACON locally in Surry Hills. You can learn more about their counselling services, community health programs or other resources on their website.

Headspace Australia, Various Locations

Every year, Headspace Australia help thousands of young people, their families and friends access vital mental health and wellbeing support.

Headspace support young people with mental health, physical health (including sexual health), alcohol and other drug services, as well as work and study support. They have a strong focus on early intervention, working with young people to provide support in crucial times within their mental health journey. They run programs and offer in-house practitioners who focus on gender and sexually diverse young people in Australia.

Headspace offer online and phone counselling services, vocational services, in-person services and provide a presence in schools. Consultation and counselling appointments can be made in a variety of different capacities and can be tailored to your needs.

You can learn more about Headspace Australia and their locations on their website.

Services outside of UTS.

Minus18, Online

Minus18 are a nationwide organisation who focus on improving the social and cultural lives of gender and sexually diverse youth. They tackle identity-based discrimination by creating inclusive spaces and events for queer youth, as well as delivering training sessions and resources on queer youth identities.

Minus18 have a strong focus on youth, meaning it is a great resource for students in their first few years of university. And, Minus18 is a great referral point for a friend who could benefit from their services.

You can learn more about Minus18 and their programs on their website.

The Feel Good Clinic, Surry Hills

The Feel Good Clinic helps people develop skills to effectively manage a range of mental health challenges and enhance emotional wellbeing. They specialise in a holistic and eclectic approach, drawing on a variety of evidence-based approaches to counselling and psychological therapy, tailoring interventions.

The Feel Good Clinic offer queer focused services and specialise in providing help with sexual, romantic or gender identity concerns. They also run services to help people cope with discrimination, oppression, marginalisation, coming out, and other mental health concerns.

You can learn more about the Feel Good Clinic and their LGBTI+ Specific Counselling sessions on their website.

Where to get help, support, and guidance (CONT).

Services outside of UTS (CONT).

The Gender Centre, Marrickville

The Gender Centre provides a range of specialised services that explore gender identity and helps alleviate gender dysmorphia.

The centre supports trans and gender expressive people at every stage of their journey as they explore and live their authentic sense of self. The Centre runs accommodation, case management, training, and counselling services both online and in person.

You can learn more about the Gender Centre by visiting in person, or on their website.

Twenty10, Various Locations + Online

Twenty10 is a national organisation providing a broad range of free, accessible mental health and psychosocial support programs for gender and sexually diverse young people in the Australian Community.

The Twenty10 team run creative and digital programs, events, safe spaces, and deliver specialist capacity building training all over NSW to continue building a world where LGBTIQ+ people of NSW are secure, connected and celebrated. Twenty10 focus on Youth Housing (17-25), Youth Counselling and Peer Support Groups.

Twenty10 is also the official NSW partner of QLife, a nationwide telephone and web peer-based support service, organised by the National LGBTI Health Alliance and funded by the Australian Government.

You can learn more about Twenty10 and QLife on their website.

Services outside of UTS (CONT).

Black Rainbow, Various Locations

Black Rainbow is a national organisation that focuses on improving health outcomes for Aboriginal and Torres Strait Islander LGBTIQ+SB peoples. The team provide community engagement and partnerships, capacity strengthening advocacy, representation, research, and policy.

Black Rainbow exist to enhance quality of life, health outcomes and community togetherness of Aboriginal and Torres Strait Islander LGBTIQ+SB peoples. The Black Rainbow team deliver queer-community events, training sessions, work with institutional stakeholders to deliver health and community partnership reports, and deliver community grants to at risk clients.

You can learn more about Black Rainbow on their website.