



# Wellbeing Supports

(UniSA's Wellbeing Framework)

## COMMUNITY WELLBEING

- [Women's Development Networking Group](#)
- [Community Gardens at City West & Mawson Lakes Campus](#)
- [Volunteer for Graduations and Open Days](#)
- [UniSA Sport - VC Cup](#)
- [Blood Donor Leave Provisions](#)
- [Military Leave Provisions](#)

## PHYSICAL WELLBEING

- [UniSA Health, Medical Clinic](#)
  - Preventative health checks
  - Flu vaccinations
- [Allied Health Clinics](#):
  - [Podiatry](#)
  - [Exercise Physiology](#)
  - [Physiotherapy](#)
  - [Mammography](#)
- [Mindfulness – Smiling Mind App](#)
- [Ergonomics online module](#)
- [UniSA Sport](#)
- [Fitness facilities on campus](#)
- ['Down Dog' Yoga App – improves sleep](#)

## CAREER WELLBEING

- [Employee Assistance Program for Career Counselling](#)
- [Academic Development Workshops](#)
- [Academic Promotion/Professional Experience Program](#)
- [Enterprising Essentials Program](#)
- [Women's Development Program](#)
- [Managers and Senior Staff Development](#)



## MENTAL WELLBEING

- [Stress & Resilience and Mental Health online Training](#)
- [Employee Assistance Program](#) & [Manager Assist Program](#)
- [Beyond Blue](#)
- [UniSA Psychology](#) and [Law Clinics](#)
- [Resilience @ Work Toolkit](#)
- [Smiling Mind 'Mindfulness' App](#)
- [Mental Health & Wellbeing Guideline](#)
- [Workers with a Mental Illness – A Guide for Managers](#)

## RELATIONSHIP WELLBEING

- [Employee Assistance Program](#)
- [Dealing with Challenging Student Behaviour – Staff Toolkit](#)
- [Manager Assist Program](#)
- [Flexible Work Arrangements](#)
- [Relationships Australia](#)
- [Cultural Safety Training](#)
- [Code of Conduct](#)
- [Parental Leave Procedure](#)

## FINANCIAL WELLBEING

- [UniSuper Roadshows and Seminars](#)
- [MoneySmart website](#)
- [Approved Study Leave](#)
- [Corporate Health Insurance Discount \(BUPA\)](#)
- [Salary Sacrifice Annual Gym Membership](#)



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