



Council of International Students Australia (CISA)

about 3 months ago



CISA National Welfare Officer, Cherry Keung is excited to take our students wellbeing to the next level by creating a whole new co-designed web app section that will focus on improving Chinese parents and student's communication and education on mental health.

At CISA Welfare, we are excited to help you build on your leadership skills and connect you with other national peak bodies. Take a look at the opportunities currently available through the Interactive Parent Communi... See more

Council of International Students Australia x **MindYourHead**

《你是不需要過分獨立。》
一生被人照顧著一帆風順的人，與靠自己許多曲折仍歷歷在目的人相比，前者當然更受人尊敬。
但誰不想享受減少些呢？
留學生因不適應學業和生活環境而出現精神負荷的例子越來越多，然而診斷和治療心理健康的門檻仍然很高。
因亞洲傳統觀念，父母會盲目要求子女自我克服，唯有讀書高的理念也會讓接受治療，合理休養變成一場家庭革命。為了避免爭吵，大多數學生會選擇隱忍下來，但這樣造成病情加重，或到達無可救藥的地步。
但你知道嗎？
其實一段經歷最好處理，全憑我們主動的想法。
如果你有以下經歷，也願意最大發揮它的價值，我期望你能加入我的團隊，一起把這「負載」變成二次力，讓更多家長成為學生的避風港。
澳洲國際學生理事會 福利計劃代表申請表：

Council of International Students Australia

Council of International Students Australia

MindYourHead



Council of International Students Australia (CISA)

about 9 months ago



International students face challenges such as social isolation, cultural stigma and lower awareness that can lead to mental health crises. These problems have been exacerbated by COVID-19.

CISA's National Welfare Officer, Cherry Keung, has been collaborating with [Study NSW](#) to promote the mental health support available for international students in NSW.

Available services can be found here:
<https://www.scintakesupport.org.au/areas-of-.../mental-health...> See more

Council of International Students Australia

Mental Health Support is Available for International Students in NSW

THIS WAY UP

www.thiswayup.org.au

Council of International Students Australia

Mutual Support Group

Oz International Student Hub with the support of Sydney Community Forum and Sydney Alliance has established a peer support group to create a community of care among international students who understand the importance of mental health and well-being.

Source: Oz International Student Hub (<https://www.scintakesupport.org.au/areas-of-support/mental-health/>)

Council of International Students Australia

Multilingual Coping Tools

THIS WAY UP is an Australian provider of evidence-based, internet-delivered Cognitive Behavioural Therapy (iCBT). They have translated coping tools and factsheets into diverse languages and you can use them to cope with the current pandemic stress.

THIS WAY UP

www.thiswayup.org.au

Source: Oz International Student Hub (<https://www.scintakesupport.org.au/areas-of-support/mental-health/>)

Council of International Students Australia

Look After Your Mental Health

headspace recognises the importance of Mental health during this COVID 19 pandemic, especially among young people, friends and family from culturally and linguistically diverse background.

They have translated the 'About headspace' flyer, which contains basic information of headspace mental health services, into 20 additional languages.

Source: Oz International Student Hub (<https://www.scintakesupport.org.au/areas-of-support/mental-health/>)



Council of International Students Australia (CISA)

about 7 months ago



🔔 CISA demands more OSHC-subsidised mental health-specific benefits for international students!

National Welfare Officer, Cherry Ellington Keung, has been consulting with our members and international students to improve the Overseas Student Health Cover program. The Department of Health acknowledges and appreciates the Council of International Students Australia's response to the OSHC Consultation Paper.

With the help of our welfare executive assistant Joshua Wan and research...
[See more](#)



CISA Demands More OSHC-Subsidised Mental Health-Specific Benefits for International Students (In Response to the OSHC Consultation Paper)



What is the OSHC?

- The Overseas Student Health Care was designed to help international students cover the costs of medical and hospital treatment when having accidents or illnesses during their stay in Australia.
- For international students pursuing studies in Australia on a student visa, it is required to purchase one for their duration of stay.
- There are many insurance companies that offer OSHC. Most universities have a preferred partner and assist students with applications and purchases.

Source: <https://oshc.students.gov.au/oshc-students.gov.au/oshc-students.gov.au>



Change 1 8.1b

All members with a standard OSHC plan will receive a minimum benefit of \$500 for psychology services regardless of their policy type.

University only offers students a quota of 6 sessions/year of free counselling service. By extending coverage for psychology services, we can ensure that our students are able to prioritize their mental health during this difficult time. This means the maximum you can claim per year is \$400 regardless of whether your benefits are paid as a set fee or as a percentage of costs covered.



Change 2

Cover psychiatric care costs for international students who got diagnosed with mental health illnesses occurred in Australia with at least 1 year of onshore study experience in Australia prior to being diagnosed. Mental illnesses that can be covered: Psychiatric, Mood disorders (Depression, Anxiety), Personality Disorders (Schizophrenia).

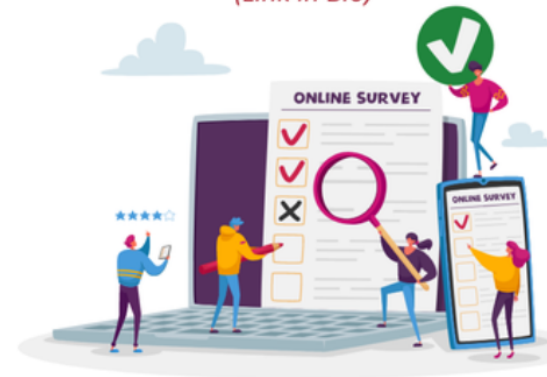
e.g. Study commenced on 1st Feb 2017. Get diagnosed with a specialist in their homeland with Depression in 2018. Show cause of mental illness related to study experience in Australia. Eligible to claim a majority portion of psychiatric costs with OSHC.

This is generally referred to as a restricted benefit which means that no matter what level of hospital cover you have, it will pay a benefit towards the cost of being treated as a private patient in a public hospital.



OSHC ONLINE SURVEY

(Link in Bio)



The Department of Health x Lonergan Research



Australian Government Department of Health has appointed [Lonergan Research](#) to find out what students think of their Overseas Student Health Cover, and understand how they interact with Australian health and medical services.



CISA's National Welfare Officer, Cherry Keung, has been actively engaging with The Department of Health to ensure international students in Australia get the best care. CISA is proud of the initiative Cherry has taken on behalf of our international ... [See more](#)



Change 3

7.1a

Out-of-hospital medical services – the benefit amount as listed in the Medicare Benefits Schedule.

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According to MBS, mental health-related services (group therapy sessions and participation of family and carers in treatment) are not included in 2022; however, international students are at risk of developing mental health illnesses compared to the average Australian student. Therefore, OSHC should reflect this difference by covering costs related to out of hospital mental health services.

Mental Health* (group therapy sessions and participation of family and carers in treatment)

By increasing the scope (not just GP consultations), there will be incentives for initiatives to target international students' mental health and establish a sound business model, hence mental health awareness will be raised.

Change 4

Clause 1,7,8

Stipulate mental health-related services should be 100 per cent covered by OSHC

Change 5

7

Allow for supplementary preventative, hospital substitute, and/or rehabilitation program offerings.

Extend scope to include more mental health prevention programs run by small organizations to establish a cultural norm.

Change 6

7.1

Clarify current benefits inclusions for out of hospital services by including services not yet registered under MBS in relation to mental health services and initiatives.

Change 7

Treatment rendered outside of Australia, whether in connection with a course of study and including treatment necessary, en route to or from Australia.

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Given online remote learning is more prevalent, there will be more students enrolled in an Australian higher education provider that are eligible for a student visa. Treatments related to mental health in connection with a course of study outside of Australia should be payable by the insurer provided students present documentation of treatment and demonstrate the link between need for treatment and enrolled unit of study.

Change 8

8.1e

Treatment rendered to an Overseas Student or a Dependent of the Overseas Student in the first two months after arrival in Australia where that treatment is for a pre-existing condition of a psychiatric nature. This exclusion does not apply where a Medical Practitioner certifies, and the Insurer agrees, that an Overseas Student or a Dependent of the Overseas Student required Emergency Treatment in Australia. The Insurer will not unreasonably withhold its agreement.

The definition of emergency treatment:

- Psychiatric disturbance whereby the health of the patient or other people is at immediate risk.

This definition does not apply to the majority of students; however, since the treatment is not subsidized, it prevents students from seeking help. In relation to mental health, extend the scope by including early depression and anxiety as signed off by a GP.

OTHER SUGGESTIONS:

1. Offshore students to get reimbursed for the time spent outside Australia due to Extenuating circumstances related to Covid 19 without deferring the start date.

- Reimbursing students the amount paid for the duration that the services were not applicable for them, i.e when they were outside of Australia, will ensure that all students the amount only for the duration they are considered as insured parties.

2. Out-Patient Continuing Treatment Following Hospitalization like physiotherapy services to be covered under the general OSHC plan.

- Covering continuing services after hospitalization will save out-of-pocket expenses for the students and ensure that students or dependents are able to access the prescribed treatment for full recovery without worrying about the extensive costs.

OTHER SUGGESTIONS - continued:

3. All standard plans include some coverage for basic Dental and Optical treatment costs.

- To keep healthcare affordable, it is necessary that some basic dental and optical costs are covered under all general plans without adding extras.

4. All OSHC plans to have the option of adding extras for major Dental, Optical, or special required treatments at a reasonable cost.

- As the policies don't allow adding extras, the students don't get a full cover. Allowing extra extras for major costs will have students cut down on costs.

CISA STANDS IN SOLIDARITY WITH THE PEOPLE OF UKRAINE

Visit the link in bio for AVAILABLE SUPPORT

CISA expresses its complete solidarity with the people of Ukraine and condemns the Russian government's unjustified military attack. In these difficult times, CISA stands in solidarity with our Ukrainian friends and students. CISA has updated our link in the bio to incorporate a variety of support resources for Ukrainian students in Australia (onshore and offshore). We encourage students to seek additional help from their educational provider.

https://linktr.ee/cisa_national

Cherry Keung, CISA's National Welfare Officer, is proud to announce more research and app development opportunities in this upcoming CISA Welfare project. Students who have great passion and relevant experiences in UX development as well as mental health research are encouraged to apply. For more information, feel free to contact the office through welfare@cisa.edu.au.

