

## Master of Mental Health (Online) Course Guide

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The VU Block Model®

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Student support network

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Course summary

- ◆ Master of Mental Health
- ◆ Graduate Certificate in Mental Health

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# Master of Mental Health

## Be a part of the solution

Includes information on:

- ◆ Graduate Certificate in Mental Health
- ◆ Master of Mental Health

UNIQUELY  
YOU

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# The VU Block Model®

Feel confident and engaged in your studies with our unique and award-winning VU Block Model®. VU is the first university in Australia, and the largest in the world, to deliver courses through this innovative teaching model, inspired by similar successful models across North America and Europe.

## Our VU Block Model® explained

At most universities, you would usually study four subjects at the same time, similar to high school. With the VU Block Model®, you study one subject at a time, meaning you can focus your efforts, master your skills, and receive real-time feedback before moving on to the next subject.

### Accelerated

Accelerate your learning by studying part time as you progress through six blocks per year, in seven-week study periods – with a break between blocks.

### Flexible

Plan your studies over the course of the year to fit into your life, so you can manage study along with work, family and everything else important to you.

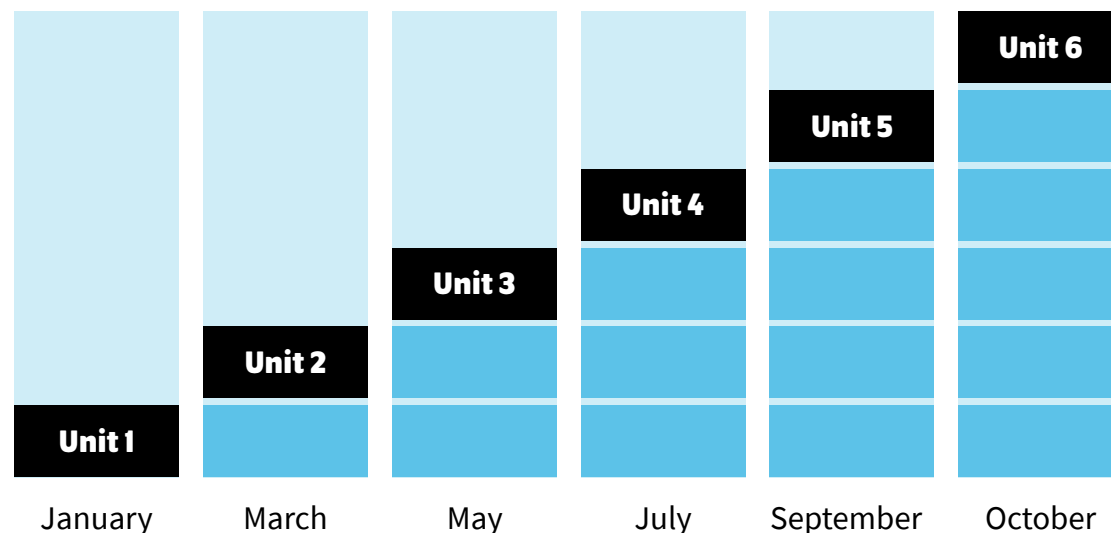
### Focused

Focus on one unit at a time rather than juggling multiple topics at once to maximise focused and deeper learning. Choose to take a break if needed or complete all units consecutively. It's up to you.

### Supported

Receive the one-on-one support you need to succeed with VU Online's academic and administrative support – available seven days a week.

## Six units over one year - study one unit at a time



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# Student support network



**Experience four layers of online academic and non-academic student support seven days a week.**



## Unit Facilitator

Provides 1:1 academic support via phone, email or SMS seven days a week and in the evenings.



## Unit Coordinator

Delivers live weekly online office hours and fortnightly teaching seminars.



## Student Success Advisor

On hand Monday to Friday via phone and email, to help students with any non-academic queries and assist with administrative processes such as enrolment and degree pathing.



## Personalised support

A network of personalised IT, library, language, literacy and numeracy support, and counselling services available to all students.

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VU's model of dedicated, prompt and responsive support seven days a week sets us apart from any other university in Australia.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		Office hour*	Seminar**			
✓	✓	✓	✓	✓	✓	✓
Online Facilitator seven days						
✓	✓	✓	✓	✓	✓	✓
Unit Coordinator seven days						
✓	✓	✓	✓	✓		
Student Success Advisor - Monday to Friday						
✓	✓	✓	✓	✓	✓	✓
Network support seven days						

\* Live weekly office hour. \*\* Live fortnightly seminar.

## Got questions?

Get in touch with our enrolment team.

[Schedule a call](#)

## Ready to apply?

Begin your postgraduate journey with VU Online and apply today.

[Apply now](#)

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# Course summary

## Master of Mental Health

Designed for allied health and social care professionals, the Master of Mental Health equips you with a diverse skill set to support consumers across their lifespan using evidence-based practices. You'll be empowered to lead and collaborate within multidisciplinary teams across therapeutic, community, and clinical mental health settings.

### Duration

2 years, part time<sup>^</sup>

### Study periods

January, March, May, July, September, October

## Course units (11 core + 1 elective)

### Core units

- ◆ Recovery Oriented Mental Health
- ◆ Biopsychosocial and Cultural Perspectives in Mental Health
- ◆ Effective Trauma-Informed Care
- ◆ Mental Health Foundations
- ◆ Introduction to Child and Adolescent Mental Health
- ◆ Mental Health in Later Life
- ◆ Psychological Therapies
- ◆ Evidence and Research for Practice
- ◆ Perspectives on Addictive Behaviours
- ◆ Assessment in Mental Health
- ◆ Research Project

### Elective

- ◆ Child and Adolescent Engagement and Assessment
- ◆ Child and Adolescent Mental Health and Wellbeing in Schools
- ◆ Pharmacology and Therapeutics in Mental Health

### Fees

\$2,870 - \$2,950 per unit\*

### Total cost

**\$34,600 in total\***

\*2026 student fees are shown and are subject to change.

<sup>^</sup>Duration is dependent on student's study path and unit availability. Please reach out to a Student Enrolment Advisor to discuss your study path.

## What you will learn

- ◆ Promote mental health in children and adolescents by addressing key health priorities.
- ◆ Apply holistic, recovery-oriented models to address complex psychosocial challenges.
- ◆ Enhance interagency collaboration to improve mental health outcomes for diverse populations.
- ◆ Deliver safe, ethical, trauma-informed care to achieve better health outcomes.
- ◆ Implement recovery-oriented interventions tailored to diverse populations.
- ◆ Advance mental health through research design and evaluation.
- ◆ Conduct impactful research in community, clinical, or mental health service settings.

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## Graduate Certificate in Mental Health

Designed for allied health and social care professionals seeking to deepen their expertise, the Graduate Certificate in Mental Health provides specialised knowledge and skills for a range of mental health settings. Upon successful completion, you'll have the opportunity to further your studies and pursue the Master of Mental Health.

### Duration

8 months, part time<sup>^</sup>

### Study periods

January, March, May, July, September, October

### Course units (4 units in total)

#### Core units

- ◆ Recovery Oriented Mental Health
- ◆ Biopsychosocial and Cultural Perspectives in Mental Health
- ◆ Effective Trauma-Informed Care
- ◆ Mental Health Foundations

### Fees

\$2,870 per unit\*

### Total cost

**\$11,480\***

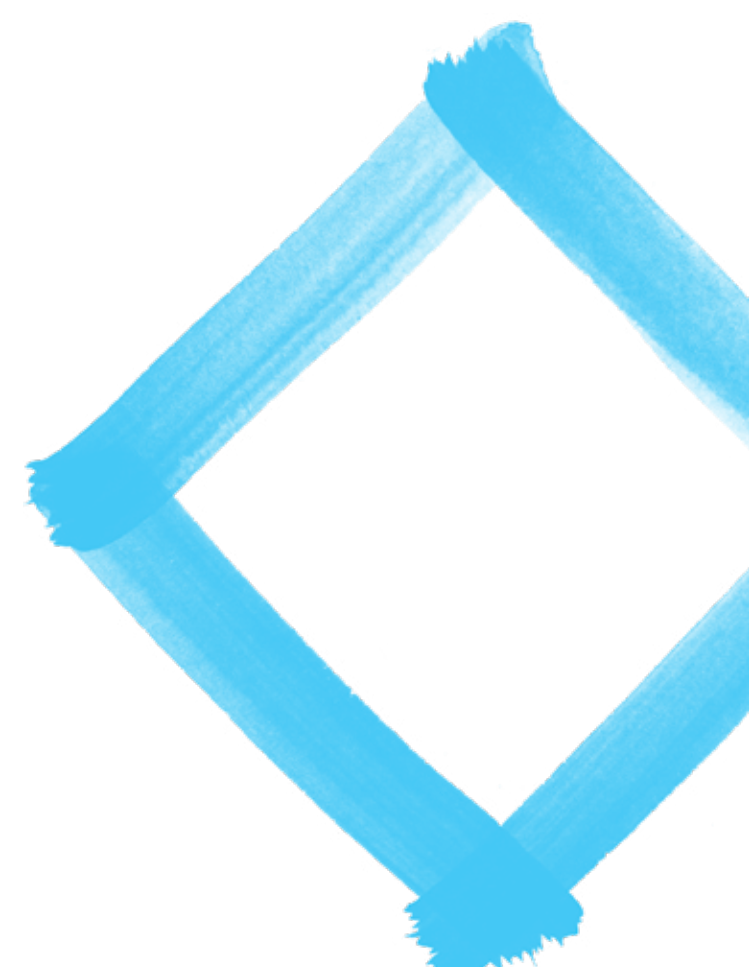
FEE-HELP available to eligible students

*\*2026 student fees are shown and are subject to change.*

*<sup>^</sup>Duration is dependent on student's study path and unit availability. Please reach out to a Student Enrolment Advisor to discuss your study path.*

### What you will learn

- ◆ Promote mental health by addressing local, national, and global priorities for individuals, families, and communities.
- ◆ Apply self-determination and recovery-oriented models to support mental health consumers and their families.
- ◆ Facilitate interagency collaboration to improve mental health outcomes for diverse populations.
- ◆ Lead safe, ethical, trauma-informed care to enhance outcomes for individuals with mental illness.
- ◆ Implement advanced strategies to deliver recovery-oriented interventions for consumers with complex mental health needs.



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# Career outcomes

## Graduate Certificate in Mental Health

Build a strong foundation in mental health to help you build your career.

## Master of Mental Health

Develop the leadership, care and support skills that will help change – and save – lives. When you gain your Master of Mental Health, you'll be able to collaborate across mental health services and with clients to drive positive impact for all.

After graduation, you will be able to confidently make recommendations and lead interventions to improve a client's mental health and overall wellbeing. You will also understand the unique needs of diverse groups in the mental health sector and how to appropriately and ethically respond to those needs.

## Typical job roles

- ◆ Specialist Mental Health Practitioner
- ◆ Mental Health Policy Officer
- ◆ Mental Health Program Lead
- ◆ Mental Health Consultant
- ◆ Mental Health and Welfare Manager
- ◆ Case Manager





# Entry requirements

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### Master of Mental Health

Completed an AQF Level 7 Bachelor degree in a cognate discipline such as Health Science, Social Work, Psychology, Medicine, Counselling, Criminal Justice, Youth Work or Education;

**OR**

Completed an AQF Level 7 Bachelor degree in any discipline and at least 2 years of approved work experience;

**OR**

A Graduate Certificate in Mental Health;

**OR**

A Graduate Certificate in Child and Adolescent Mental Health.

### Graduate Certificate in Mental Health

Completed an AQF Level 7 Bachelor degree in a cognate discipline such as Health Science, Social Work, Psychology, Medicine, Counselling, Criminal Justice, Youth Work or Education;

**OR**

Completed an AQF Level 7 Bachelor in any discipline and at least 2 years of approved work experience.

### FEE-HELP

You may be eligible for the Australian Government's loan scheme, FEE-HELP. The loans are available to assist eligible full-fee paying students with the cost of a university program. It can be used for all or part of the tuition. To determine your eligibility, visit the [FEE-HELP website](#).

### Advanced standing

Thinking of applying for credit (advanced standing)?

Advanced standing is an assessment process used to recognise the skills and knowledge you have acquired, either through study or life/work experience, by matching it with the content of units within your course. If you've already completed any of the units in the course in which you are enrolling, or their equivalent, you may be eligible for advanced standing.

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# Course pathways



## Graduate Certificate in Mental Health

4 units  
8 months part time

Upon completion of these four units, you will obtain your Graduate Certificate in Mental Health and can continue your studies to earn a Master of Mental Health.



## Master of Mental Health

+8 units  
2 years part time



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# Why study with VU Online?

## Reputable, industry connected

Earn a globally ranked Tier 1 MBA\*, engaging in a curriculum designed in partnership with the University's industry advisory groups.

## Develop practical skills

Just like in the real world, you'll focus on experiential learning – learning by doing – via scenarios, case studies, self-determined assessments and unit content that is highly relevant to your work life.

## No text books, no exams

All course readings and assessments are available digitally via the VU Library, so there are no textbooks to purchase and no exams.

\*CEO Magazine Global Rankings (2023)

## Small class sizes

All units maintain a 25:1 student-teacher ratio that ensures you receive the one-on-one attention you need.

## Personalised 1:1 online academic support

Unparalleled support from specialist academics is available seven days a week including evenings.



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# Career-based teaching and learning

The online units have been designed from the ground up with a career-centred approach, spanning:



## Overarching learning outcomes:

Click on each unit in the following pages to find out more about what you will learn.



## Self-determined assessments:

Students share examples from their own professional lives and participate in collaborative online sessions where discussion and debate can thrive – just as it would in a classroom.



## Interactive activities:

The material in each unit includes activities designed to bring students together in a virtual environment that fosters creativity and a sense of personal connection.

## Experience a deeper, more active and enjoyable learning experience.

**Got questions?**

Get in touch with our enrolment team.

Schedule a call

# Units in brief

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### Core units

Recovery Oriented Mental Health\*

Biopsychosocial and Cultural Perspectives in Mental Health\*

Effective Trauma-Informed Care\*

Mental Health Foundations\*

Introduction to Child and Adolescent Mental Health

Mental Health in Later Life

Psychological Therapies

Evidence and Research for Practice

Perspectives on Addictive Behaviours

Assessment in Mental Health

Research Project

### Elective units

Child and Adolescent Engagement and Assessment

Child and Adolescent Mental Health and Wellbeing in Schools

Pharmacology and Therapeutics in Mental Health

\*Graduate Certificate in Mental Health units

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# How to apply



## Ready to get started? Follow these simple steps.

### 1. Gather your documents

To complete your application, you will need the following documents:

- ◆ Certified copies of your academic transcript(s) or certificate(s) of completion.
- ◆ A copy of your current CV, which includes your current Position Description (PD), supporting letter from your employer outlining your duties, responsibilities and the duration of your employment/volunteer work.

### 2. Speak with our Student Enrolment Advisors

Once you're ready to take the next step and start your application, our Student Enrolment Advisors are here to help.

**Our team is available to assist you every step of the way:**

Monday, Tuesday and Friday  
9am – 6pm (AEST)  
Wednesday and Thursday  
9am – 7pm (AEST)

**Contact us:**

1300 682 051  
futurestudy@online.vu.edu.au

### 3. Submit your application online

Apply online directly via our Admissions Centre. You will receive an email to confirm your application and to advise whether you need to provide any additional information.



### How long does it take to complete an application?

Your application will take approximately 15 minutes to complete. Once you have submitted, you can expect to hear from us within 5 business days.

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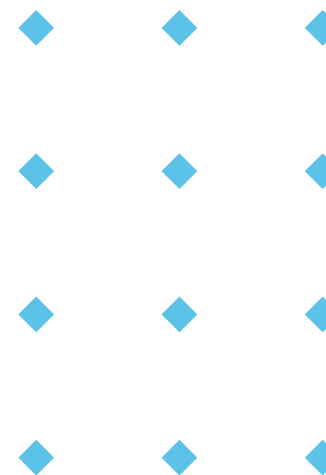
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## Contact us

Our Student Enrolment Advisors are ready to answer any questions you may have about online study at VU and the the Master of Mental Health and Graduate Certificate in Mental Health courses, including:

- ◆ Enrolments and eligibility
- ◆ Study and course pathways
- ◆ Fitting study into your schedule
- ◆ Navigating the application process



### Got questions?

Get in touch with our enrolment team.

Schedule a call

### Ready to apply?

Begin your postgraduate journey with VU Online and apply today.

Apply now