



# Master of Mental Health

Shape the future of mental wellbeing.  
Change starts with you.

**Creative  
thinkers  
made here.**

**This brochure contains information on:**

Master of Mental Health  
Graduate Certificate of Mental Wellbeing

# Shape the future



Creative thinking.  
It's essential for tackling challenges.  
Seizing opportunities.  
For today.  
But more importantly, tomorrow.  
Creativity is how we move forward.  
It sparks innovation.  
In every industry.  
And at ECU, it's at the core of  
everything we do.

Creative thinkers  
made here.

At ECU, we recognise and respect the significance of Aboriginal and Torres Strait Islander peoples' communities, cultures and histories.

We also acknowledge and respect the Noongar people as the traditional custodians of the land on which our campuses are located.





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# What you'll learn



## Foundations of mental health/ Interdisciplinary approaches to mental health outcomes

Critically analyse and apply a complex body of interdisciplinary, evidence-based mental health knowledge to understand and support mental health outcomes in a variety of professional roles and contexts.



## Empowering mental health and wellbeing through effective communication

Apply effective communication and collaboration skills to build trust, foster inclusivity, and work across disciplines to support improved mental health outcomes for clients, communities, and workplaces.



## Enhancing mental health and wellbeing through inclusive and ethical initiatives

Apply critical thinking, creativity and digital literacy skills to research, evaluate and propose inclusive, holistic, culturally-responsive and ethical initiatives to support mental health in professional contexts.



## Advancing individual growth through research and project based learning

Use advanced self-management, reflective practice, and research skills to engage in ongoing self-care, foster independent learning, and design, implement, and evaluate substantial mental health intervention projects that contribute to personal growth and professional effectiveness.



Speak with one of our advisors  
today to discover if this course is  
the perfect fit for you.

[Schedule a call](#)

# Career outcomes

How can you shape a future where mental health thrives from the start?

Change starts with you.

Upon graduating from the ECU Master of Mental Health (Online), you will acquire the skills necessary to support mental health and wellbeing across a range of professional contexts.

**Potential career opportunities include:**

- Mental Health Support Coordinator
- Community Mental Health Advocate
- Program Manager for Mental Health
- Services in Community Health Organisations
- Workplace Mental Health Consultant
- Senior HR Manager specialising in Employee Wellbeing
- Corporate Wellness Program Director





# Course comparison

	Master of Mental Health	Graduate Certificate of Mental Wellbeing
100% online	✓	✓
1:1 student services	✓	✓
24/7 support	✓	✓
Fits around your life	✓	✓
Duration	18 months*	6 months*
No. of units	9	3
Specialisations	N/A	N/A
Part-time study	✓	✓
Global relevance	✓	✓
Career progression	✓	✓
Pathway to Master	N/A	✓
FEE-HELP available	✓	✓



Learn more -  
[jump to course page](#)

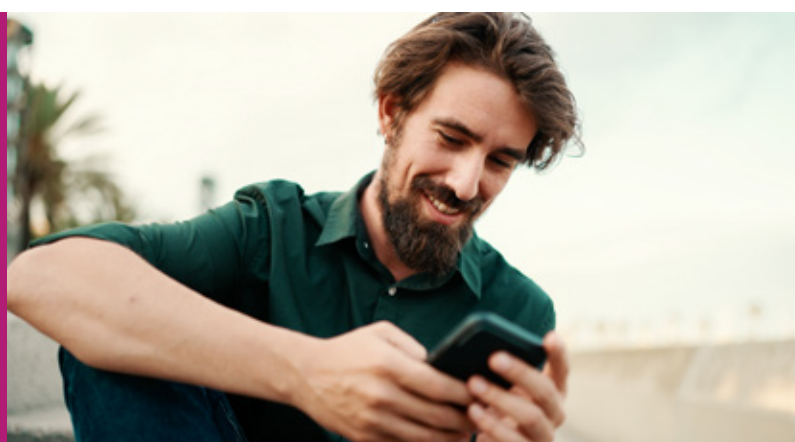


Learn more -  
[jump to course page](#)

\*Our courses are designed to be studied part-time, so you can expect to spend around 20 hours per week on your studies.

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# Why study Mental Health with ECU Online?



## Graduate sooner, 100% online

Earn your master's degree in as little as 18 months, studying part-time. Enjoy the freedom of studying 100% online, whether from the comfort of your home, on your commute, or during your lunch break. Stay connected and supported throughout your studies with guidance from expert academics, dedicated Student Success Advisors, and a supportive community of fellow students.



## Develop practical skills to apply in your career

Engage in a work-integrated research project that aligns with your professional goals and career aspirations. You will have the opportunity to focus on a current mental health challenge and design an innovative, evidence-based intervention, giving you valuable skills you can apply directly in your work or office setting.



## Insight on social and community wellbeing

ECU Online's Master of Mental Health offers a unique, interdisciplinary approach that goes beyond traditional health science models. The course integrates Aboriginal and Torres Strait Islander wellbeing practices, including ancient healing methods and cultural reflexivity, to foster a holistic, strengths-based approach to mental health care. You'll explore the dynamics of the mental health crisis and gain a deep understanding of the systemic factors that impact both individual and community wellbeing.



## Upskill in mental health for all professionals

Mental health and wellbeing impact every workplace and profession. Regardless of your background, this course equips you with practical knowledge to address mental health at the social and community level. You'll learn to apply ethical frameworks and shape modern mental health practices, tailoring them to your specific industry or role.

# About ECU Online

Young. Innovative. The creative thinkers of our future. ECU Online offers the latest state-of-the-art coursework and technology, transforming how we educate people.

## Accelerated and online study

ECU Accelerated Online enables you to fit your education around your life by studying one unit at a time in seven-week study periods.

Change starts with you.  
Study at Edith Cowan  
University—Australia's  
only university named  
after a female.

## Our courses are:



Ranked five stars by the Good Universities Guide for overall experience, teaching quality, student support, skills development and learning resources.



Career relevant which allows you to apply your learnings to your current role and be empowered to take advantage of new opportunities.



Designed to meet best practice online learning standards using the latest learning technology. The **[Insert Course Name Here]** and the **[Insert Course Name Here]** will give you the same quality of education and learning outcomes that you would receive if studying on-campus.



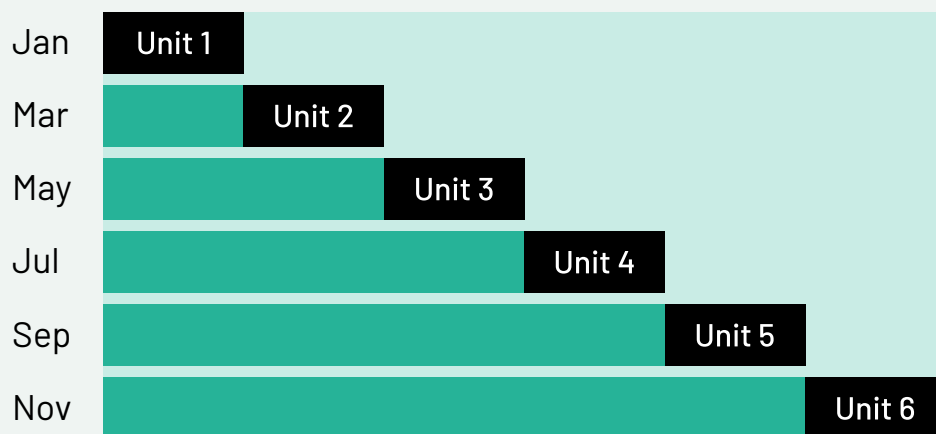
# Accelerated learning model

ECU Accelerated Online enables you to fit your education around your life by studying one unit at a time in seven-week study periods.

Our **Master of Mental Health** is delivered in a flexible online format with six study periods a year. Apply your learning to your current role and be empowered to seize new opportunities with ECU Accelerated Online.

Designed to meet best practice online learning standards using the latest learning technology, the **Master of Mental Health** will give you the same quality of education and learning outcomes that you would receive if studying on-campus.

Six units over one year, study one unit at a time.



Speak with one of our advisors today to discover if this course is the perfect fit for you.

[Schedule a call](#)



# Course details

## Master of Mental Health

### Duration

Study 9 units, complete in a minimum of 18 months, part-time study.


### Study Intakes

Jan, Mar, May, Jul, Sept and Nov

### Total course fee

\$38,670\*

\*2025 student fees shown and are subject to change.

 Find out more - [view student handbook and units](#)

## Units you will study

### Complete eight core units

- Introduction to Mental Health and Wellbeing
- Acute Mental Health and Crisis Intervention
- Community Approaches to Mental Health
- Trauma-informed and Recovery-oriented Mental Health Care
- Leadership and Workplace Mental Health
- Grounding Self: Cultural Ways of Wellbeing
- Mental Health in Everyday Life Research Project
- Healthy Work and Wellbeing

### Plus one of the following elective units

- The Role of the Counsellor
- Foundations of Counselling Practice
- Theories and Techniques in Counselling
- Counselling in a Digital World
- Mental Health Counselling



# Course details

## Graduate Certificate of Mental Wellbeing

### Duration

Study 3 units, complete in a minimum of 6 months, part-time study.

### Study Intakes

Jan, Mar, May, Jul, Sept and Nov

### Total course fee

\$12,600\*

\*2025 student fees shown and are subject to change.

Upon completing your graduate certificate, you can continue your studies with ECU Online and gain a Master of Mental Health.

### Units you will study

#### Complete three of the following units

- Introduction to Mental Health and Wellbeing
- Community Approaches to Mental Health
- Grounding Self: Cultural Ways of Wellbeing
- Mental Health Counselling



Find out more -  
**view student handbook and units**



# Course pathways

The Graduate Certificate of Mental Wellbeing is a pathway into studying the Master of Mental Health.

## Your journey



**Graduate Certificate  
of Mental Wellbeing**

3 Units  
6 months part-time



**Master of  
Mental Health**

9 Units  
18 months part-time



# Admission requirements

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**To gain entry to the Master of Mental Health, applicants must have:**

- a bachelor's degree in any discipline; or
- equivalent prior learning including at least five years of relevant professional experience.

**To gain entry to the Graduate Certificate of Mental Wellbeing, applicants must have:**

- a bachelor's degree in any discipline; or
- equivalent prior learning including at least five years of relevant professional experience.

**English language requirements (Band 4) may be satisfied through completion of one of the following:**

- IELTS Academic overall band minimum score of 6.5 (no individual band less than 6.0);
- a bachelor's degree from a country specified on the English Proficiency Bands page;
- successfully completed 0.375 EFTSL of study at postgraduate level or higher at an Australian higher education provider (or equivalent);
- where accepted, equivalent prior learning, including at least five years' relevant professional experience; or
- other tests, courses or programs defined on the English Proficiency Bands page.

# FEE-HELP

The government loan scheme that applies to most postgraduate courses is known as FEE-HELP.

Australian citizens and holders of a Permanent Humanitarian visa who are residing within Australia are eligible to access FEE-HELP. Using this program, you can borrow enough money from the Commonwealth Government to cover your course fees. Once your income reaches a certain level, you will pay the loan back via the tax system.

# How to apply

Let's chat on what you need to consider when choosing postgraduate study. Our advisors are here to give you personalised guidance.

Ready to get started? This is what you need to do next.

To apply, you will need the course name and code, as well as scanned, certified copies of your supporting documents.



Find out more –  
[studyonline.ecu.edu.au/apply](https://studyonline.ecu.edu.au/apply)

**Master of Mental Health**  
Code 011

**Graduate Certificate of Mental Wellbeing**  
Code Z00

## Become an ECU Online student in 3 steps

### Reach out to our Student Enrolment Advisors

1

Contact our Student Enrolment Advisors before you begin the application process to discuss any questions you may have and ensure you have everything you need to apply. You can **call our team on 1300 707 760** or email **[future.student@studyonline.ecu.edu.au](mailto:future.student@studyonline.ecu.edu.au)** to request a call-back.

### Gather your documents

2

Your Student Enrolment Advisor will advise you on what documents you need to accompany your application. Documents for a strong application often include transcripts, certificates to verify previous studies and work experience evidence.

### Apply through the ECU online application system

3

Visit our online application system to complete your application. The great news is that you don't have to complete the whole application in one sitting; you can save it and come back later.

# How we'll support you

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## Student Success Advisor

From the moment you enrol to the day you graduate, you'll have access to a dedicated Student Success Advisor. They'll provide non-academic support to help you stay on track – from planning your study schedule to offering personalised advice via phone, chat or email.



## Additional support options

As an ECU online student, you also have access to all the support offered by ECU, both on-campus and online:

- Access and inclusion services
- Student health services
- Psychological counselling support
- Careers and employability services
- Student Guild, clubs and associations



## Academic study support

Our accelerated online courses are developed by industry experts and engaged academics. You can easily connect with learning facilitators and course coordinators through our easy-to-use online learning environment to gain feedback and ask academic questions. You can also reach out to a Learning Advisor who can help with things like assessment writing, study skills and more.



Speak with one of our advisors today to discover if this course is the perfect fit for you.

[Schedule a call](#)

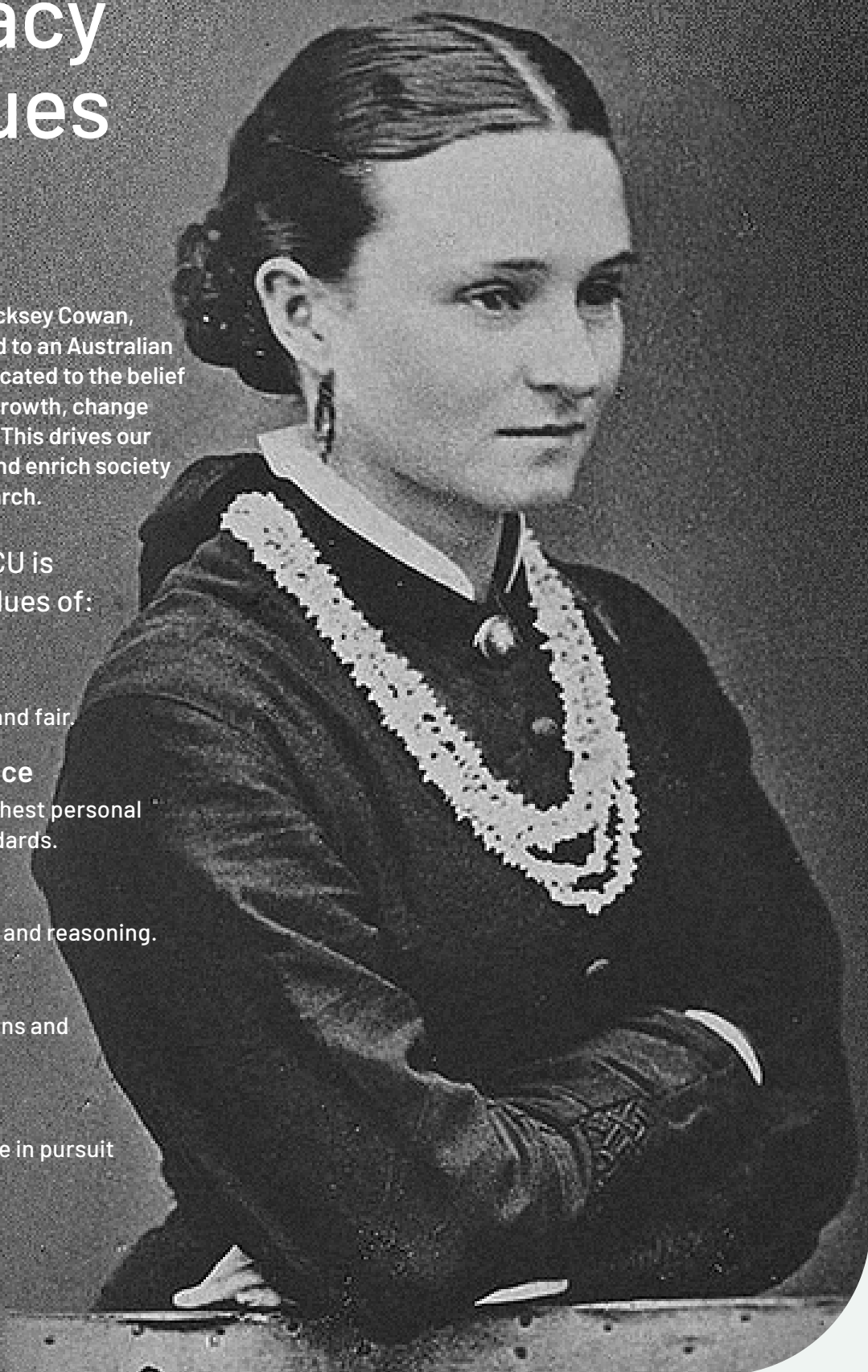


# Our legacy and values

ECU is named after Edith Dircksey Cowan, the first woman to be elected to an Australian Parliament. Her life was dedicated to the belief that education is the key to growth, change and improvement in society. This drives our purpose to transform lives and enrich society through education and research.

Everything we do at ECU is underpinned by our values of:

- **Integrity**  
Being ethical, honest and fair.
- **Personal excellence**  
Demonstrating the highest personal and professional standards.
- **Rational inquiry**  
Motivated by evidence and reasoning.
- **Respect**  
Considering the opinions and values of others.
- **Courage**  
Being bold and resolute in pursuit of our goals.



# Creative thinkers made here.

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