



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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Why study with ECU Online?

Do you want to create healthier, more resilient futures for everyone?

In today's fast-paced world, mental health extends far beyond the confines of the psychologist's office. Mental health and wellbeing impact every workplace, every profession, every culture and every community. How can you shape a future where mental health and wellbeing thrives from the start?

Change starts with you.

Lead the charge and transform mental health in communities, workplaces and beyond with ECU's Online Master of Mental Health. Become a catalyst for change, shape a future where mental wellbeing is prioritised.



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 you can 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.



A local 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.

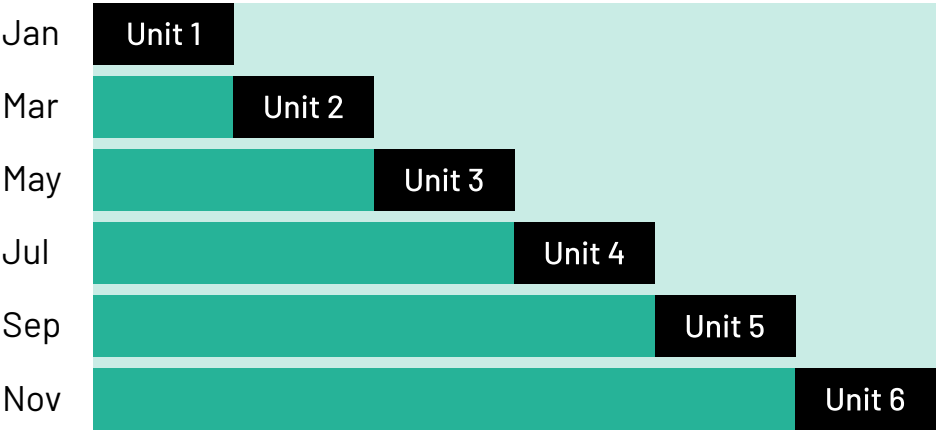
Speak with one of our advisors today to discover if this course is the perfect fit for you.

[Schedule a call](#)

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 and Graduate Certificate of Mental Wellbeing 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.



Course details

Master of Mental Health

Duration

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

Total course fee

\$38,670*

*2025 student fees shown and are subject to change.

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



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.

For more information on fees and the FEE-HELP loan:

[Schedule a call](#)

What you will 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.

Enhance mental health 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.

Empower mental health through effective communication

Apply effective communication and collaboration skills to contribute to improved mental health outcomes for clients, communities and workplaces.

(Individual) Research and project-based learning

Use high level self-management, reflective practice and research skills to engage in self-care, independent learning and substantial mental health intervention projects.

Course details

Graduate Certificate of Mental Wellbeing

Duration

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

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

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

Schedule a call

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



Graduate Certificate of Mental Wellbeing

3 Units
6 months part-time



Master of Mental Health

9 Units
18 months part-time

Admission requirements

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.

Career outcomes

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

Change starts with you.

Graduating from the ECU Master of Mental Health (Online) empowers you with the skills and confidence to make a real difference in people's lives, supporting mental health and wellbeing across diverse professional settings.

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

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.



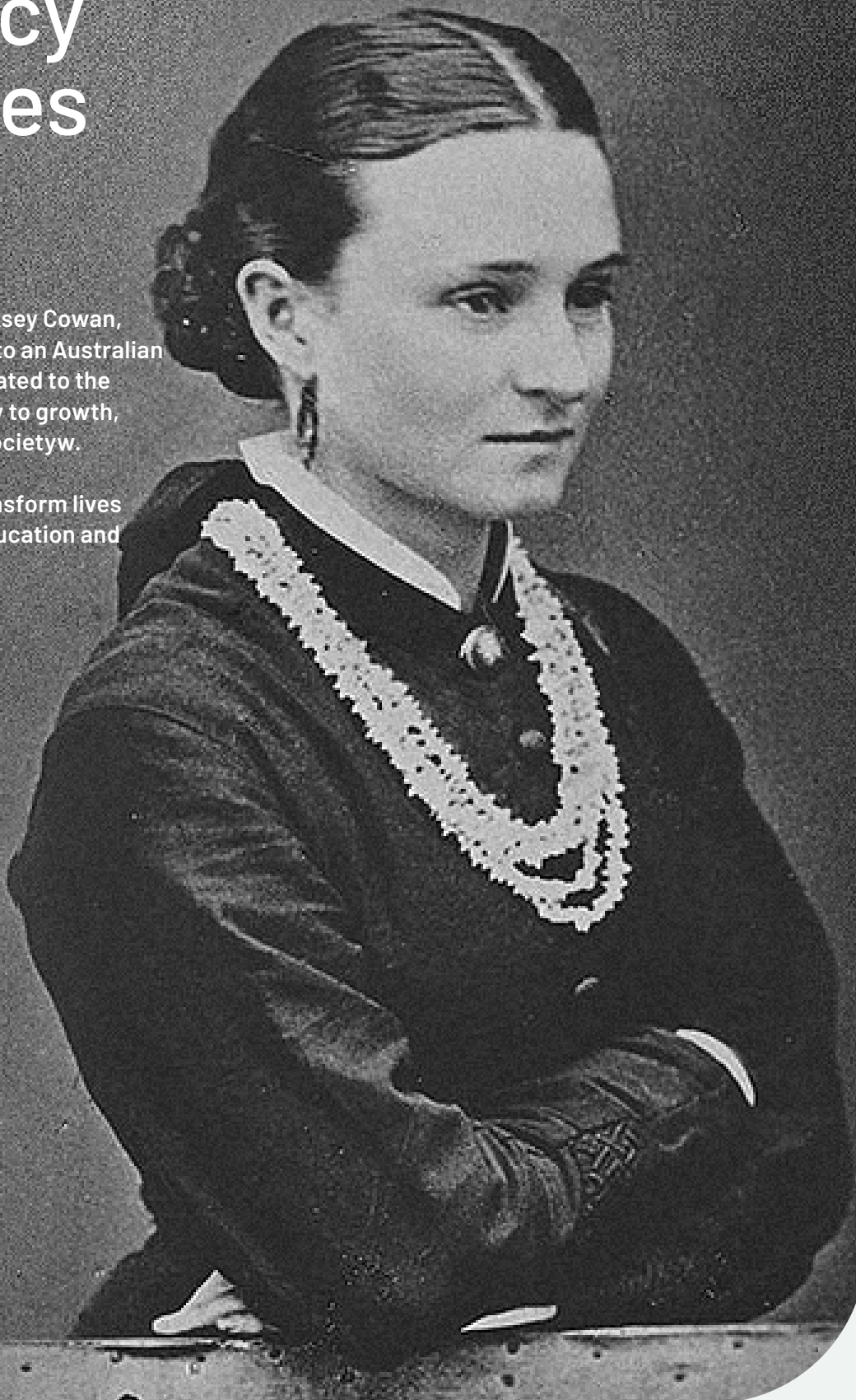
Designed to meet best practice online learning standards using the latest learning technology. The Master of Mental Health and the Graduate Certificate of Mental Wellbeing will give you the same quality of education and learning outcomes that you would receive if studying on-campus.

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.

Creative thinkers
made here.



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.

Greening ECU

Edith Cowan University is committed to reducing the environmental impact associated with its operations by conducting its activities in a socially and environmentally responsible manner. This includes implementing strategies and technologies that minimise waste of resources and demonstrate environmentally sensitive development, innovation and continuous improvement.



Your 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.



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.



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

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

[Schedule a call](#)

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

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](tel:1300707760) or [email future.student@studyonline.ecu.edu.au](mailto:email.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.

Units of study

Core units

Introduction to Mental Health and Wellbeing/MHC6100

Unit description

Mental health can vary across the lifespan and within different populations. A strong understanding of this supports students' ability to tailor approaches to diverse client needs. This unit covers foundational concepts necessary to promote improved mental health and wellbeing. Covering a comprehensive examination of mental illness and wellbeing, students gain a nuanced conceptual and theoretical understanding of the diverse factors influencing mental health and illness. The unit covers historical and contemporary developments, offering insights into the evolving landscape of mental health care. Emphasising biopsychosocial and cultural dimensions of mental health, the unit equips students with a holistic perspective crucial for supporting mental health in a variety of contexts.

Acute Mental Health and Crisis Intervention/MHC6105

Unit description

Mental health conditions can be acute or chronic, and treatment or intervention approaches must be modified according to the nature of the patient's particular mental health scenario. This unit examines the dynamics of mental health crises, psychiatric emergencies, and issues related to mental health which require an acute response. Students examine crisis intervention models, the role of family and community engagement, and alternative approaches for addressing acute mental health challenges. They also critically explore the concept of risk, encompassing assessment and management strategies within the context of acute mental health care. Additionally, the use of coercion and restrictive practices are examined, requiring students to demonstrate applied and critical comprehension of the legal, policy, and ethical frameworks shaping contemporary acute mental health practices.

Community Approaches to Mental Health/MHC6110

Unit description

Mental Health practitioners operate in a service delivery model that includes some or many other participants. Understanding how these services collaborate to deliver outcomes for the patient and community is critical. This unit explores mental health care beyond tertiary services, encouraging students to critically examine accessibility social determinate issues across diverse socio-economic backgrounds. It examines non-government organisations and private providers, evaluating their funding and service models. Emphasising the significance of timely treatment and support, students learn to navigate systems effectively and play a role in service delivery. The unit underscores the transformative impact of 'lived experience' on community-led responses, shaping modern approaches to mental health care. Advocating for person-centred services, the unit's comprehensive approach spans prevention, community well-being, and incorporates elements like family support, cultural sensitivity, and epidemiological perspectives. All of which fosters a holistic understanding of community and public health approaches to mental health care.

Trauma-informed and Recovery-Oriented Mental Health Care/MHC6115

Unit description

Effective mental health care is delivered by skilled and compassionate practitioners who respect the journeys of individuals and communities towards recovery. This unit equips students with the necessary skills and an in-depth understanding of trauma-informed and recovery-oriented approaches to deliver effective mental health care considering peer support, relapse prevention, and community integration. The unit covers neurobiology of trauma, and cultural, intergenerational and political factors that produce and perpetuate trauma in individuals and communities. Students learn how to conduct trauma-informed assessment and instigate appropriate intervention strategies, emphasising language sensitivity. Skills gained in recovery-oriented care prepares students for leading collaborative goal-setting, empowerment, and cultural competence.

Leadership and Workplace Mental Health/WHS6211

Unit description

The mental health field needs future leaders with essential personal characteristics and the skills to empower others, fostering a workplace conducive to mental wellbeing. This unit develops students' practical skills in community engagement, diplomacy, and coaching, crucial for effective leadership in the Australian human services sector. Students learn to plan, implement, and evaluate strategies to support mental health for diverse populations. Additionally, they reflect on mental health, education, legal, and social issues, aligning with government policies for equity and inclusion.

Grounding Self: Cultural Ways of Wellbeing/MHC6120

Unit description

Understanding trauma from Indigenous perspectives serves as a foundation for future personal and professional development as a mental health practitioner. This unit immerses students in the profound realms of Aboriginal and Torres Strait Islander models of wellbeing. It covers ancient healing practices, truth-telling and situational knowledge to foster self-awareness and enhance professional practice. Students learn cultural reflexivity and how to integrate these insights into professional contexts, fostering a holistic approach that respects and draws strength from Aboriginal and Torres Strait Islander wisdom for overall wellbeing and sustained growth.

Mental Health in Everyday Life Research Project/MHC6150

Unit description

In this research unit, students undertake a research project on a contemporary mental health intervention to create an innovative and evidence-based solution for real-world mental health challenges. By encouraging students to choose their own interventions, the unit promotes a solid understanding of the complexities of mental health in diverse contexts, preparing them to contribute meaningfully to the evolving landscape of mental health care.

Healthy Work and Wellbeing/HRM6006

Unit description

The unit explores workplace culture, mental health and work stressors, as well as positive workplace behavior, and how these impact employee health and wellbeing. Interventions and mechanisms for promoting healthy workplaces and employee wellbeing will also be examined.

Elective units

The Role of Counsellor/COU6503

Unit description

This unit provides the student with an overview of the role of the counsellor and shows how skills, theory and personal self-awareness contribute to the development of the therapeutic relationship. The unit discusses legal and ethical obligations of the counsellor, highlighting the importance of working within a consistent, yet flexible framework of service delivery. Students will be presented with a practical and structured approach to counselling, with a focus on the stages of counselling that are common across therapeutic approaches and modalities (face-to-face, phone and digital). The unit emphasises the importance of reflective practice and its relation to ethical considerations within the counselling setting.

Foundations of Counselling Practice/COU6501

Unit description

This unit provides students with an understanding of the theoretical foundations and techniques of the three main groups or schools of counselling; psychodynamic; behavioural; and humanistic. Students will critically review and analyse these approaches and examine how they relate to different types of counselling (individual, couple, family and group) and modes of delivery (face-to-face, over the phone and digital). Students will be supported to reflect on their own values, beliefs and interpersonal style in order to explore how these affect the counselling process. There will be an emphasis on working from a person-centred approach and the considerations of culture and identity when working within the Australian context.

Theories and Techniques in Counselling/COU6502

Unit description

This unit investigates the diverse fundamentals of counselling theory and explores practical skills for implementation. Students will learn how to engage with clients and consider effective interventions from a range of theoretical backgrounds including; psychodynamic, behavioural, cognitive behavioural, and humanistic. Students will be introduced to a case-conceptualisation framework and will learn how to consider cases, make assessments, plan treatments and implement a range of evidence-based interventions. Students will also become familiar with the ethical practices set by the counselling profession and begin to formulate their own personal theory of counselling.

Mental Health Counselling/COU6506

Unit description

This unit explores the impact of mental health issues on individuals, families, and communities, covering common problems and support strategies. It introduces interventions and assessment tools, emphasising legal and ethical boundaries, and equips students to identify mental health issues, apply evidence-based interventions, and make appropriate referrals for recovery support. Theories and Techniques in Counselling/COU6502

Counselling in a Digital World/COU6505

Unit description

This unit examines the adaptation of fundamental counselling theories and techniques for digital and online platforms, exploring the benefits and challenges of online counselling, while offering students practical skill development through online exercises.



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