



Where to find support

MQ On Campus Support Services

Macquarie University - Security

The university campus is equipped with Emergency help points, which once pressed, contact Campus Security.

For urgent assistance contact Campus Security by phone.

Ph: 9850 9999

(On reverse side of Student ID card and on all phone posts on campus)

Macquarie University - Student Wellbeing

Offers mental health support and reporting mechanisms for harassment, misconduct and inappropriate behaviour that can be lodged anonymously.

Ph: 02 9850 7497

www.students.mq.edu.au/support/wellbeing or
<https://students.mq.edu.au/support/care-reporting>

App: MQ Wellbeing

Macquarie University - Diversity and Inclusion

Supports an inclusive and empowered student body. Offers workshops on developing cultural awareness and confidence in taking action as a bystander.

E: respect@mq.edu.au

International Student Support Services

MyLegalMate

A free multilingual app for Macquarie University students. Offers 24/7 support providing legal information relevant to you. Accessible in 7 different languages.

Register for app access:

www.students.mq.edu.au/support/financial-and-legal/free-legal-information-for-students

Redfern Legal Centre - International Student Legal Service NSW

Community legal centre offering free, confidential legal advice for international students. Offers online multilingual fact sheets.

www.rlc.org.au/our-services/international-students

Council of International Students Australia

Student representative organisation advocating for international students on a national level. Offers useful resources and information on student rights.

www.cisa.edu.au

Racism can happen on campus or in your local community so it's important to be aware of free support and reporting services.

In an emergency contact 000 to reach the Police, Ambulance and Fire Brigade.

Community Wellbeing Services

Beyond Blue

Offers mental health support, including a 24/7 phone line to access counsellors.

Ph: 1300 22 4636

Online chat function also available (3pm-12 am, 7 days a week)

www.beyondblue.org.au

Headspace

One-on-one mental health support for people aged 12-25, with clinicians, facilitated group chats and information to customise mental health toolkits.

Ph: 1800 650 890

(9am-1am, 7 days a week)

Online chat also available.

E: headspacechatswood@newhorizons.org.au

Catered support to individuals of culturally and linguistically diverse (CALD) backgrounds. Provides culturally accessible and multilingual resources on mental health.

www.embracementalhealth.org.au

Reporting Services

Reporting Services.

Contact your local police station.

Your local police stations can help you with reporting incidents including racist incidents.

Gladesville Police Station Ph: 9879 9699

Ryde Police Station Ph: 9808 7401

Eastwood Police Station Ph: 9858 9299

Ryde Police Multicultural Community Liaison Officer (MCLO)

Provides assistance to Ryde's diverse community regarding community policing matters in Ryde Police area Command
Ph: 9879 9699

Contact the Translating and Interpreting Service (TIS National) for free 24/7 phone translations.

Ph: 131 450

E: www.tisnational.gov.au

See
Something

MAKE A STAND
AGAINST
RACISM

Say
Something

City of Ryde



MACQUARIE
University



We're with you. You hear or see racism.
You want to respond but you're not sure how.

The City of Ryde has partnered with the national Racism. It Stops With Me campaign to make Ryde a welcoming community for everyone. This guide will help you understand what racism is, how to identify racism, what to do if you or someone else experiences racism and how to access support.

What is racism?

Racism is discrimination or hatred directed at someone because of their appearance, colour, language, nationality or ethnicity.

Racism can be direct abuse, such as someone saying "You don't belong here", and it can also be casual racism that includes: excluding students from social events, treating students with less respect than others, and racially insensitive comments or jokes.

All types of racism are unacceptable.

Types of Racism:



Physical abuse

Physical force used against you that may cause harm or emotional trauma. Physical abuse can include:

- Spitting, scratching or biting
- Pushing, or slapping
- Throwing objects



Verbal abuse

Negative words and comments that label or humiliate a person.

Verbal abuse can include:

- Name Calling
- Offensive comments about your appearance, accent and/or cultural activities



Online abuse

Racial hatred content, images, comments, and videos on websites and social media platforms. Online racism can include:

- Offensive jokes about your appearance and accent
- Abusive images and comments targeting a specific ethnic group
- Intimidation or trolling

How to respond to racism

Sadly, racism happens. If you or someone you know experiences racism, remember:

Support, Record, Report!

Tips if you are a Target of Racism



Support.

If in immediate danger call 000 and remove yourself from harm. Say 'Stop I'm calling the police'. Seek support from services.



Record

the incident or take photos if safe. Note the time, place and any physical injuries.



Report

incident to a support service below if you feel comfortable. Seek wellbeing support. Translation services are to help.

When you report racism, your visa will not be affected

Tips for Bystanders

Taking action supports the targeted person. Witnessing racism can leave you feeling uneasy, you want to respond but you are not sure how. If you see someone experiencing racism remember:

See, Say, Support, Report!



See

someone being racially abused? If safe, step in to help. Stand next to them. Note the time and place of incident, take photos or record abuse. If not safe, seek help from a security guard or another responsible person.



Say

something, if safe, to the perpetrator. It could be as simple as 'I don't think that's okay' or 'why did you say that?' Stay calm and question the comments, not the person.



Support

the targeted person. Ask if they are okay. Let them know they can receive wellbeing support.



Report.

Encourage the targeted person to report over the page. Call police on 000 if in danger.

Ask yourself these simple questions:

Are you treated differently to others based on your cultural background?

Do people make hurtful comments about your nationality, culture and/or spat at?

Have you been pushed or spat at?

Feeling stressed, anxious, or angry after being treated disrespectfully?

If you answered yes to one question, you may have experienced racism.

Tips for Online racism

Received or seen racist content online?

Screenshot it. Report it.



See

a racist post on social media or elsewhere online, block it. Take a screenshot of the offensive post.



Support

the targeted person. If you moderate the page delete the comment, it is a powerful statement of support. If you know the targeted person let them know they can receive wellbeing support.



Report it.

Most Social media platforms such as Twitter, Instagram and Facebook have report buttons like this (.....) under posts. Alerting the platform can remove the offensive post or comments. You can also report racist content to the Office of the eSafety Commissioner.

Remember racism is never okay, it has no place in Ryde.

For more tips visit the Australian Human Rights Commission <https://itstopwithme.humanrights.gov.au/learn-about-racism/respond-racism>