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**Abstract**

A large sample of international students attending an Australian metropolitan university provided data concerning use of university health and counselling services?their perceived need for help, resultant help-seeking, satisfaction with help given, explanations for not seeking help when in need, and variables that predicted help-seeking. Using as criterion the individual?s perceived need for help, we found students were under-utilizing both health and counselling services. Those who did seek help evaluated their experiences positively. The gap between need and action is a concern. Students explained failure to act in terms of insufficient seriousness of problems, lack of information about services and, to a lesser extent, doubts and discomfort about the services. Contrary to views commonly expressed in the literature, student perceptions and responses showed few differences based on cultural background. Within-person variables played a stronger role than culture in

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accounting for students? help-seeking decisions. (HRK / Abstract übernommen) Russell, Jean,  
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