

Student Mental Health: Providing Effective & Co-ordinated Support

1 America Square, 17 Crosswall, London, EC3N 2LB | 25th September 2018

10.15 Registration & Morning Refreshments

11.00 **Chair's Introduction**

⇒ **Dr Ruth Caleb**, Wellbeing Consultant & Former Head of Counselling, Brunel University & Chair, Mental Wellbeing in HE Working Group

11.05 **Morning Session: Supporting Students Now and in the Future**

- Role of the Office for Students: new guidance & building on existing projects
 - HEIs' responsibilities for student mental health & wellbeing
 - Embedding a whole institution approach: raising awareness & understanding among staff
 - Facilitating a smooth transition to HE
 - Identifying vulnerable groups & tailoring responses
 - Facilitating interruptions, deferrals & return to study
 - Effective partnership working with the NHS: timely referrals & record sharing
 - Conveying the support available to prospective students
 - Working with Students' Unions & incorporating the voice of the student
- ⇒ **Paul Jenkins**, Chief Executive, The Tavistock and Portman NHS Trust
- ⇒ **Rosie Tressler**, Chief Executive Officer, Student Minds
- ⇒ **Dr Nicola Barden**, Director of Student Services, University of Winchester & Executive Member, AMOSSHE
- ⇒ **Molly Maher**, Campaigns Co-Ordinator, The Union (MMU SU)

13.00 Networking Lunch

13.45 **Afternoon Session: Strategies for Effective Support**

- Universities UK's new Minding our Future guidance and how it can help
 - Combatting loneliness & isolation
 - Preventing suicide on campus
 - Educating students about wellbeing & the impact on mental health
 - Implementing peer support programmes
- ⇒ **Gedminte Mikulenaite**, Policy Officer (Mental Health in HE), Universities UK
- ⇒ **Jayne Aldridge**, Director for the Student Experience, University of Sussex &

15.30 Event Close

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