

# Student Mental Health: Developing an Effective Support Strategy

Taking place in Central London, Zone 1. Venue to be announced | Tuesday 31st March 2020

10.15	Registration & Morning Refreshments
11.00	<b>Chair's Introduction - Andrew Lagden</b> , CEO, Andrew Lagden Education Consultants
11.05	<b>Understanding Policy: inside the student mental health crisis</b> <ul style="list-style-type: none"><li>• Adopting a “Whole-University” approach to bettering student mental health: Embedding mental health across all policies, cultures, curricula and practice</li><li>• The “Mentally Healthy” Universities’ programme</li><li>• Facilitating a smooth transition to HE</li><li>• Putting the emphasis upon prevention</li></ul> <p>⇒ <b>Dr Annie Grant</b>, Former Dean of Students and Director of Student Services, University of East Anglia and Founding Member of UK/GuildHE Working Group for the Promotion of Mental WellBeing in Higher Education</p> <p>⇒ <b>Chris Shelley</b>, Director of Student and Academic Services, the “Mentally Healthy” Universities Programme, University of Greenwich</p>
12.00	Refreshment and Coffee Break
12.10	<b>Evaluating your approach to student wellbeing</b> <ul style="list-style-type: none"><li>• Developing stronger partnerships with the NHS and local healthcare providers</li><li>• HEIs responsibility for student mental health &amp; wellbeing</li><li>• Building on existing partnerships with external support services</li></ul> <p>⇒ <b>Dr Bridgette Bewick</b>, Associate Professor in Psychological Health and Wellbeing, University of Leeds</p> <p>⇒ <b>Emily Wheeler</b>, Chair of Trustees, Nightline Association</p>
13:15	Networking Lunch

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14.00

### Good Practice: Identifying Strategies for Ensuring Effective Support

- Educating staff and pupils on the benefits of speaking about mental health
  - Promoting current programmes designed to improve well being
  - Directing resources into the right channels
  - Creating awareness of the support available to students
  - Implementing peer support programmes
  - Increasing support during high 'risk' times, including start of term, holidays etc.
  - More effectively integrating student welfare and support services
  - Evaluating outsourced services for mental health services
- ⇒ **Alan Percy**, Chair of MWBHE (Mental Wellbeing in Higher Education) 2018-21, Head of Counselling, University of Oxford
- ⇒ **Dr Anna Matthews**, Director and Founder of UMO and Umo Pro, Chair of The University Mental Health Advisers Network (UMHAN)
- ⇒ **Magnus Wood**, Adviser, Mental Health Foundation, TEDxKingstonUponThames

15.30

Event Close