

Supporting Student Mental Health & Wellbeing

One Drummond Gate, Victoria, London | Wednesday, 13th September 2017

11.00 Chair's Introduction

⇒ *Dr Dominique Thompson, University of Bristol Students' Health Service*

11.05 Supporting Student Mental Health

- HEIs' responsibilities for student mental health & wellbeing
- Facilitating the transition to higher education
- Identifying vulnerable groups & tailoring responses
- Raising awareness & understanding among staff
- Proactive actions to reduce anxiety & stress
- Facilitating interruptions, deferrals & return to study
- Implementing peer support programmes
- Working with external organisations

⇒ *Jeremy Christey, Universities & Colleges Division Chair, British Association for Counselling & Psychotherapy*

⇒ *Rachel Piper, Policy Manager, Student Minds*

⇒ *Charlotte Williams, Counselling Service Manager, Birkbeck, University of London*

⇒ *Paul Mollitt, Widening Participation Counsellor, Birkbeck, University of London*

13.15 Networking Lunch

14.00 A Comprehensive Approach to Mental Health Across the Whole University Population

- *Universities UK's new #stepchange framework and how it can help*
 - *The link between mental health & wider wellbeing issues*
 - *Educating students about wellbeing & study skills*
 - *Preventing suicide on campus*
 - *Embedding a whole institution approach to mental health & wellbeing*
- ⇒ *John de Pury, Assistant Director of Policy, Universities UK*
- ⇒ *Ross Renton, Pro Vice Chancellor Students, University of Worcester*

15.30 Event Close

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