<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>10.00</td>
<td>Chair’s Introduction - Andrew Lagden, CEO, Andrew Lagden Education Consultants</td>
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| 10.05 | Understanding Policy: inside the student mental health crisis                | • Adopting a “Whole-University” approach to bettering student mental health: Embedding mental health across all policies, cultures, curricula and practice  
  • The “Mentally Healthy” Universities’ programme  
  • Facilitating a smooth transition to HE  
  • Putting the emphasis upon prevention  
  ⇒ Dr Annie Grant, 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  
  ⇒ Chris Shelley, Director of Student and Academic Services, the “Mentally Healthy” Universities Programme, University of Greenwich |
| 11.30 | Morning break                                                                 |                                                                                                                                                                                                          |
| 11.40 | Evaluating your approach to student wellbeing                               | • Developing stronger partnerships with the NHS and local healthcare providers  
  • HEIs responsibility for student mental health & wellbeing  
  • Building on existing partnerships with external support services  
  ⇒ Dr Bridgette Bewick, Associate Professor in Psychological Health and Wellbeing, University of Leeds  
  ⇒ Emily Wheeler, Chair of Trustees, Nightline Association |
| 12.30 | Lunch break                                                                  |                                                                                                                                                                                                          |
### 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

⇒ **Dr Jacque White**, Mental Health Strategy Lead, Senior Lecturer, University of Hull

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15.00 Event Close