

Student Mental Health: Developing an Effective Support Strategy

Event taking place in online | Tuesday 20th October 2020

10.00	Chair's Introduction - Andrew Lagden , CEO, Andrew Lagden Education Consultants
10.05	Understanding Policy: inside the student mental health crisis <ul style="list-style-type: none">• 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 <p>⇒ 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</p> <p>⇒ Chris Shelley, Director of Student and Academic Services, the “Mentally Healthy” Universities Programme, University of Greenwich</p>
11.30	Morning break
11.40	Evaluating your approach to student wellbeing <ul style="list-style-type: none">• 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 <p>⇒ Dr Bridgette Bewick, Associate Professor in Psychological Health and Wellbeing, University of Leeds</p> <p>⇒ Emily Wheeler, Chair of Trustees, Nightline Association</p>
12.30	Lunch break

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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 Jacquie White**, Mental Health Strategy Lead, Senior Lecturer, University of Hull

15.00

Event Close