

# Student Mental Health: Developing an Effective Support

Online Event | 20th October 2020

10.00 – 10.05	<b>Welcome from House Briefings</b> <i>Monica Thompson, Policy Briefing Manager, Dods Plc</i>
10.00 – 10.20	<b>Chair's Introduction</b> <i>SPEAKER: <b>Andrew Lagden</b>, Education Consultant, Chair</i>
10.20 – 11.00	<b>Session 1: Placing mental health and wellbeing at the heart of the university experience</b> <ul style="list-style-type: none"><li>• Adapting to the challenges of the Covid-19 pandemic</li><li>• Embedding mental health and wellbeing across all policies, cultures, curricula and practice</li><li>• Adopting a “Whole-University” approach to bettering student mental health</li></ul> <i>SPEAKER: <b>Dr Bridgette Bewick</b>, Associate Professor in Psychological Health and Wellbeing, University of Leeds</i>
11.00 – 11.40	<b>Session 2: University and beyond: partnership working for student mental health</b> <ul style="list-style-type: none"><li>• Designing interventions with students for students</li><li>• Facilitating and maintaining engagement in the “new normal”</li><li>• Universities and the new Integrated Care Systems</li><li>• Student related outcome measures</li></ul> <i>SPEAKER: <b>Dr Jacquie White</b>, Associate Dean Education, University of Hull</i>
11.40 - 12.00	Comfort break
12.00 – 12.45	<b>Session 3: The Role and Impact of Specialist Mental Health Mentoring on students in UK Higher Education Institutes</b> <ul style="list-style-type: none"><li>• Supporting vulnerable students studying in HEIs, with or without mental health conditions</li><li>• Evidencing the importance, value and benefit of Specialist Mentoring from the student perspective</li><li>• Specialist Mentoring during Covid-19</li></ul> <i>SPEAKER: <b>Dr Anna Matthews</b>, Founder and Director of UMO and UMO Pro, Chair of UMHAN (University Mental Health Advisers Network)</i>  <b>Session 3: Identifying Strategies for Ensuring Effective Support</b> <ul style="list-style-type: none"><li>• The “Mentally Healthy” Universities’ programme</li></ul> <i>SPEAKER: <b>Chris Shelley</b>, Director of Student and Academic Services, Mind &amp; the “Mentally Healthy” Universities Programme, University of Greenwich</i>

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12.45 – 13.45	Lunch
13.45 – 14.00	<p><b>Session 4: Best Practice</b></p> <ul style="list-style-type: none"><li>• Putting emphasis upon prevention</li><li>• Facilitating a smooth transition to HE</li><li>• Exploring new incentives and approaches to Student Mental Health</li></ul> <p><i>SPEAKER: <b>Dr Denise Meyer</b>, Head of Wellbeing (Counselling and Mental Health), University of Portsmouth</i></p>
14.00 – 14.15	<p><b>Session 5: Best Practice</b></p> <ul style="list-style-type: none"><li>• The importance of a diverse and integrated offering of student support</li><li>• Building awareness of the support available to students</li><li>• Nightline's 50 year role in student welfare</li></ul> <p><i>SPEAKER: <b>Emily Wheeler</b>, Chair of Trustees, Nightline Association</i></p>
14.15 – 14.30	<p><b>Session 6: Best Practice</b></p> <ul style="list-style-type: none"><li>• Adapting the Student Wellbeing Service to support students during the Covid-19 pandemic</li><li>• The importance of Student Engagement opportunities to support mental health and wellbeing</li><li>• Increasing support during high 'risk' times, including start of term, holidays as well as during lockdowns.</li></ul> <p><i>SPEAKER: <b>Samantha Gunnarsson</b>, Student Wellbeing &amp; Safeguarding Manager, Bridgend College</i></p>
14.30 – 14.50	Q&A with afternoon speakers
14.50 – 15.00	Chair Closing Remarks