

Insights from Advance HE's Student Mental Health and Wellbeing Toolkit

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Student Mental Health



- Levels of psychological distress are higher among students than the general public
- Proportion of students disclosing a mental health issue to their university more than doubled since 2014/15 – as have numbers accessing support
- 34% of students report having psychological difficulties for which they needed professional help (2019)
- More than a third (36%) of students reported that their mental health and well-being had worsened since the start of the Autumn 2021 term (ONS 2022)
- Student suicide: 95 students took their own lives in 2017/18

Mental Health and Student Success

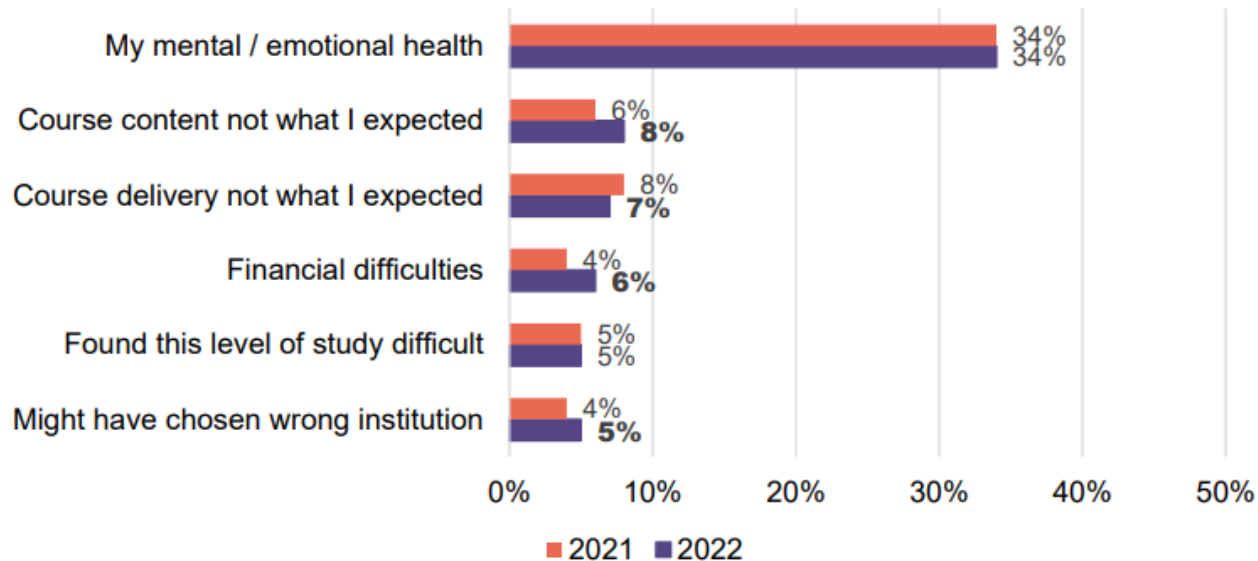
■ Student groups at higher risk:

- + Low socioeconomic status
- + BAME students
- + LGBTQ+ students
- + Mature students
- + Care-experienced students

■ Poorer educational outcomes associated with poor mental health

Student Academic Experience Survey 2022

Reasons considered leaving



Student Academic Experience Survey 2022

Jonathan Neves (Advance HE) and Alexis Brown (HEPI)

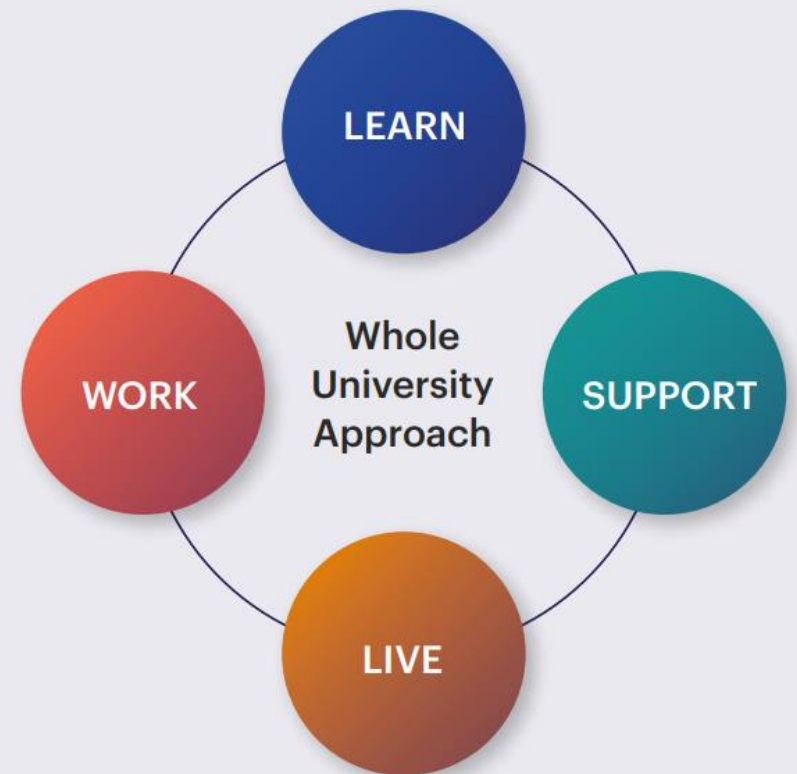
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The University Mental Health Charter

Authors: Gareth Hughes & Leigh Spanner

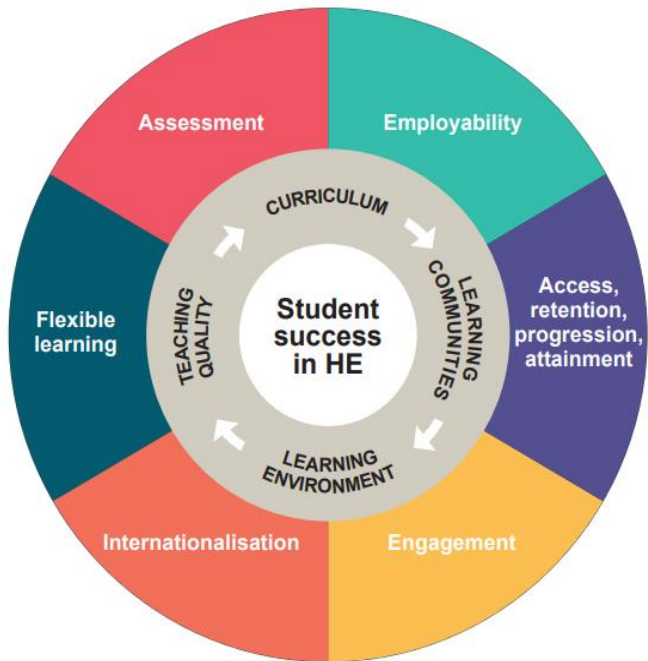
Please cite as: Hughes, G. & Spanner, L. (2019).
The University Mental Health Charter. Leeds: Student Minds



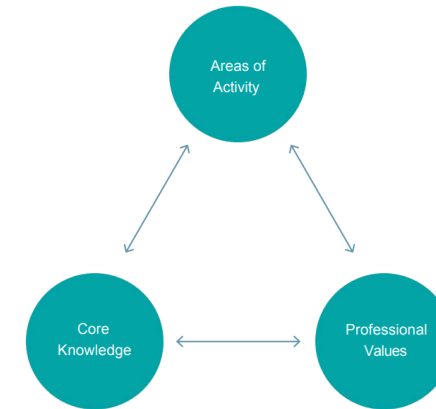
Challenges in implementing a 'whole university approach' to mental health



- Recruitment and retention of qualified MH practitioners
- Staff buy-in and upskilling
- Data and information sharing
- Personalised, universal, targeted support?
- Institutional constraints
- Locating and embedding interventions



The UK Professional Standards Framework
for teaching and supporting learning
in higher education
2011



Embedding Mental Wellbeing in the Curriculum

A collaborative project for learning and teaching

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Education for Mental Health

Enhancing Student Mental Health through Curriculum and Pedagogy

Gareth Hughes, Dr Rebecca Upsher, Dr Anna Nobili, Dr Ann Kirkman, Chris Wilson, Dr Tamsin Bowers-Brown, Dr Juliet Foster, Professor Sally Bradley and Dr Nicola Byrom



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Curriculum design for mental health and wellbeing: guidance and resources for learning and teaching development programmes in higher education

Chris Wilson, Dr Gillian Knight, Dr Wendy Leadbeater, Rev Nicola Shephard, Dr Haia Shokr, Jon Taylor, Dr Elinor Vettrains, Adam Warren, Prof Helen Higson



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Education for mental health case study

Study skills: extended induction/ International Relations

Dr Rebecca Upsher

King's College London



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Education for mental health case study

Compassionate Micro Skills of Communication (CMSC)

Dr Ann Kirkman

University of Derby



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Education for mental health case study

Development of a college wide personal tutor programme designed to aid transition into higher education

Dr Gillian Knight

Aston University



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The Toolkit: evidence-based ways for the curriculum to support both wellbeing and learning

- Social Belonging
- Learning Focussed
- Scaffolded design
- Learner Development
- Getting Students Back on Track