

Full implementation plan and actions

1. We will establish a virtual Student Mental Health Hub to coordinate information, support and service provision, jointly with the student unions and the NHS.

Promoting positive mental health and wellbeing

2. We will review the impact of university and college activities and consider how we ensure that this work is managed consistently across all colleges, and how this contribution can be strengthened by improved partnerships between other professional services, our students' unions and the college system in general. We will also seek ways to extend these benefits to students with weaker college affiliations (especially postgraduate students) and others living off campus.
3. We will strengthen the policies and procedures that support our students' transition into university life, and the ways we manage the communities and behaviours that students establish.
4. We will use the data we capture from our Freshers' Survey and equivalent data from postgraduates to evaluate how effectively we are helping students feel settled in their community and in their studies.
5. We will use our *Together York* projects to consider and promote wellbeing.
6. We will continue to be mindful of the benefits to student mental health of an inclusive approach to learning and teaching.
7. We will consider how the design of our curricula and assessments can be further developed to reduce stress and promote wellbeing, while maintaining or improving academic standards.
8. We will offer and evaluate approaches to help students manage stress and other interventions to promote wellbeing and prevent ill health such as adverse life event support.
9. We will consider the impact that early engagement with career planning and skills has on students' wellbeing. We will review the effect of these new arrangements on students' wellbeing.
10. We will continue to evaluate the impact of past campaigns and will develop further campaigns that focus on other causes of ill-health, including those which impact adversely on mental health such as the misuse of alcohol and the use of illegal drugs.
11. We will explore further collaboration between York Sport, the students' unions, colleges and Open Door to seek further ways of engaging students at risk of mental ill-health in a wide range of physical activity.
12. We will work with Marketing to promote volunteering.

Early identification and early intervention

13. We will promote the use of our online referral and triage tool to make it easier for students to disclose mental health problems and to assess the severity of need more quickly and efficiently so that needs are responded to more appropriately.
14. We will strengthen the ways in which supervisors are supported and kept aware of the sources of support they can direct students to use.
15. We will conduct interviews/surveys to assess how we can appropriately encourage students who may be reluctant (for cultural or other reasons) to disclose their problems or seek help when needed.
16. We will continue to roll out the MHFA training and assess its impact referrals and the stigma associated with mental ill-health.
17. We will evaluate the impact of the Student Minds programme and, if sufficiently positive, we will extend managed peer support to all colleges.
18. We will design our new student facing Hub so that students are sure about the most obvious place to go to for help with welfare or mental health issues.
19. We will explore whether better data on student attendance and other forms of engagement would help identify students who may be suffering mental distress.
20. We will review the Fitness to Study Policies and consider their alignment with our Exceptional Circumstances Policy.

Care

21. We will keep under review the effectiveness and efficiency of the Open Door provision and levels of met and unmet need.
22. We will better explain to service users how access to Open Door services is prioritised on the basis of need and extend the portfolio of evidence-based guided self-help, peer support or other online resources to help meet student need.
23. We will continue to work with our partners in the NHS to ensure that service provision levels and quality are sufficient to meet student needs.

Leadership and Governance

24. The University Executive Board will continue to receive periodic reports on our progress in supporting wellbeing and addressing mental ill-health.
25. The Student Mental Health Forum will continue to oversee this agenda and monitor this strategy, according to its terms of reference.
26. We will ensure that the organisation of professional services in support of student wellbeing is matched to needs, coordinated, and well-managed.
27. We will review how Boards of Studies are meeting this element of their terms of reference and, where appropriate, provide support for Boards or for departmental staff.
28. We will consider and consult with the many teams which support student mental health at York through our Student Life Committee and our Health and Safety Committee, and with the student unions ensuring effective links between these and the Mental Health Forum.

Data, evidence and research

29. We will review systematically the efficacy of our interventions and employ impartial evidence and evaluations of our practices, including feedback from students.
30. We will use clinical data, captured through PCMIS HE, to evaluate the impact over time of the interventions and approaches used to support mental ill-health and wellbeing.
31. We will carry out some additional work to understand the specific mental health needs of the postgraduate student community and how the strategy may need to be refined to meet those.
32. We will develop a programme of applied mental health research with our students to help inform best practice – including a large, representative, rolling cohort study.