

Student Mental Health and Wellbeing Strategy



UNIVERSITY
of York

March 2018

The Student Mental Health and Wellbeing Strategy 2017-2020 sets out the University's vision and aims for promoting wellbeing and supporting students who experience mental ill-health. Below is a summary of the three year implementation and action plan.

The University, jointly with students, will:

1. Establish a virtual Student Mental Health Hub to coordinate information, support and service provision, jointly with the student unions and the NHS, so that students are sure where to go for help with welfare or mental health issues.

Promoting positive mental health and wellbeing

2. Ensure that the benefits of Colleges are extended to students with weaker college affiliations (especially postgraduate students) and others living off campus.
3. Strengthen support for students making the transition into university life.
4. Further develop our inclusive approach to learning and teaching and explore methods of assessment which reduce stress whilst maintaining academic standards.
5. Offer and evaluate approaches to help students manage stress.
6. Engage students early to enhance career planning and employment skills.
7. Coordinate campaigns focused on causes of psychological problems such as the misuse of social media, alcohol and use of illegal drugs.
8. Promote opportunities for students to engage in physical activity and in volunteering.

Early identification and early intervention

9. Promote the use of our online referral and triage tool to make it easier for students to seek help and explore ways to encourage students reluctant (for cultural or other reasons) to disclose their problems or seek help when needed.
10. Strengthen training of supervisors so they can better support students and refer them to appropriate sources of support.

Care

11. Ensure the effectiveness of the Open Door provision, prioritising on the basis of need, and extend access to evidence-based online resources.
12. Work with the NHS to ensure that service provision meets student needs.

Leadership and Governance

13. Provide strong leadership to ensure the strategy is embedded at all levels and that professional services in support of student wellbeing is sufficiently resourced.

Data, evidence and research

14. Develop a programme of applied mental health research with our students to evaluate the impact of interventions and help inform best practice.