

## **Our Ref: 2515**

FOI request dated 24th November 2021 concerning:

- 1) *Does the University provide (or procure) a bespoke mental health service for students? If so, what does this service aim to provide (e.g. Counselling, CBT, Guided Self-Help, assessments). If not, where would students be signposted for MH support?*
- 2) *How many students referred and were provided (at least one attendance) with bespoke MH support in 2020-21 (academic year)?*
- 3) *What was the annual budget (in 2020-21, academic year) for bespoke mental health service(s) for students?*

## **Response**

1. We provide a mental health and wellbeing team staffed by professionals (social work/mental health nursing). The team provide a needs led service offering a range of contact including initial assessment, Triage, safeguarding, risk management as well as one to one therapeutic interventions with students. We also contract associate practitioners whose role is to offer psycho educative and therapeutic interventions to students based on current need. We offer up to 4 sessions and where a student is assessed as requiring treatment or longer term mental health support, we work with them to identify the best referral route. We work closely with a number of local specialist services including IAPT to ensure referral routes are as timely and accessible as possible.
2. In the first 2 trimesters of 20/21 (sept-may) 2054 one to one appointments were booked of which 1818 were attended.
3. For 2020/21 we had a budget of £216k for Access funded bespoke student mental health services. Please note there may also have been a budget within other more general budget areas/activities but we are unable to pull this data out separately.  
For further information, we have a Self-Assessment Tool - SAP is a 24-hour helpline delivered in partnership with Health Assured which is available to help Students with anything that's impacting on their mental health and wellbeing (e.g. feeling stressed about exams, experiencing a bereavement, feeling anxious, homesick or lonely). Students can call SAP, for free, at any time of day or night and speak to a trained and compassionate counsellor. They can also download the My Healthy Advantage app so they have access to help and support in your pocket. We also have a partnership with Let's Talk – the NHS service which is free to the University and available to students.