

Request Ref: 2643

FOI Request dated 30/05/2022 as follows –

#### MENTAL HEALTH SERVICES

1. *What mental health services are currently offered to students?*

MENTAL HEALTH SERVICES DATA FOR THE FOLLOWING ACADEMIC YEARS: 2019/20, 2020/21, 2021/22

1. *How long are lists and waiting times for student mental health services?*
2. *How much funding is allocated to these services, and what is the source of the funding?*
3. *What proportion of the university's budget is allocated to mental health services?*
4. *How much funding for mental health services is received from government, and is any other external funding received for these services?*

#### MENTAL HEALTH TRAINING

1. *Is mental health training currently offered to student-facing staff?*
2. *If so, is this training mandatory?*
3. *How often are refresher courses offered and are these mandatory?*
4. *Generally what does training entail? e.g. in-person workshops, independent e-modules etc.*

The Freedom of Information Act requires that this request is dealt with in a manner that is motive and applicant blind. A disclosure under this legislation is considered a disclosure to the world and is considered to be on the basis that it is in the public interest.

### Response

#### MENTAL HEALTH SERVICES

1. What mental health services are currently offered to students? - **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 educational 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. 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.**

MENTAL HEALTH SERVICES DATA FOR THE FOLLOWING ACADEMIC YEARS: 2019/20, 2020/21, 2021/22

1. How long are lists and waiting times for student mental health services? Info from a previous FOI – **Data not held. Please note there is a lot of support for mental health from the University and not all have appointments, for instance the mental health first aiders are available for support and all an employee has to do is contact one of them.**
2. How much funding is allocated to these services, and what is the source of the funding? **As per point 3, we cannot pull out funding for mental health services from overall health and wellbeing budgets. The total is university funded.**
3. What proportion of the university's budget is allocated to mental health services? – **We don't have a separate mental health budget, spend will be covered by a variety of "Health and Wellbeing" budgets across the University.**
4. How much funding for mental health services is received from government, and is any other external funding received for these services? **As per point 2/3**

#### MENTAL HEALTH TRAINING

1. Is mental health training currently offered to student-facing staff? **Yes**
2. If so, is this training mandatory? **For some roles**
3. How often are refresher courses offered and are these mandatory? **n/a**
4. Generally what does training entail? e.g. in-person workshops, independent e-modules etc. **Online modules to complete**