

Request Ref: 2933

FOI Request dated **19/07/2023** as follows –

Under Freedom of Information Act, I would like to request the following information please:

- *Does your University offer a wellbeing service?*
- *What services does your wellbeing service provide?*
- *Which types of practitioners does your wellbeing service employ?*
- *How many full time equivalent permanent staff does your wellbeing service employ?*
- *How many temporary staff has your wellbeing service engaged in the past 12 months?*
- *What are the contact details for your wellbeing service?*
 - *Address*
 - *Telephone number*
 - *Email address*

Response

Wellbeing Services offered to students

- Yes
- We provide a mental health and wellbeing team staffed by professionals (social work/mental health nursing). The team provide a need 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. 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.

- Our core mental health team is staffed by registered professionals, primarily mental health nurse and social workers. Our associate practitioners are also limited to specific backgrounds e.g. nursing counselling, psycho-therapy
- 5.6 FTE increasing to 6.5 FTE on 1st Sept
- 3 associate practitioners
- As below -

Address – Occupational health department
The University of Hull
Cottingham Road
Hull
HU6 7RX

Wellbeing Services solely offered to staff

- The University of Hull has a dedicated occupational health team who offer a range of services. In addition, the staff intranet houses a 'healthy hull' resources bank which brings together training, networks, self-service help guides, details of local wellbeing services, physical fitness videos and access to our employee assistance programme through UNUM Lifeworks.
- As above, in addition to this the OH team receive referrals for health advice and support from managers and are able to signpost employees to a counselling service. The employees can also be signposted to the services of a personal trainer in the Sports centre for support with their, physical/mental health needs or disability and support with musculoskeletal health issues via the Health, Injury & Performance Hub.
- The OH team comprises of registered nurses, specialist occupational health nurses, Consultant Occupational Health Physician and an OH technician.
- We employ approximately 5.5 FTE
- None
- Contact details as above