

Mental Wealth First

| Our commitment to putting mental health and wellbeing first

#MentalWealthFirst

Wed 11 April 2018



**UWE
Bristol**

University
of the
West of
England

Presentation by

Professor
Steve West

Vice-Chancellor,
University of the
West of England.

11 April 2018

Putting Mental Wealth First

For our students and staff

Understanding the challenges

+ 2.2m
+ 400k

More than 2.2 million students and over 400,000 staff are engaged in higher education

25%

25 percent of people in the UK will experience a mental health problem each year

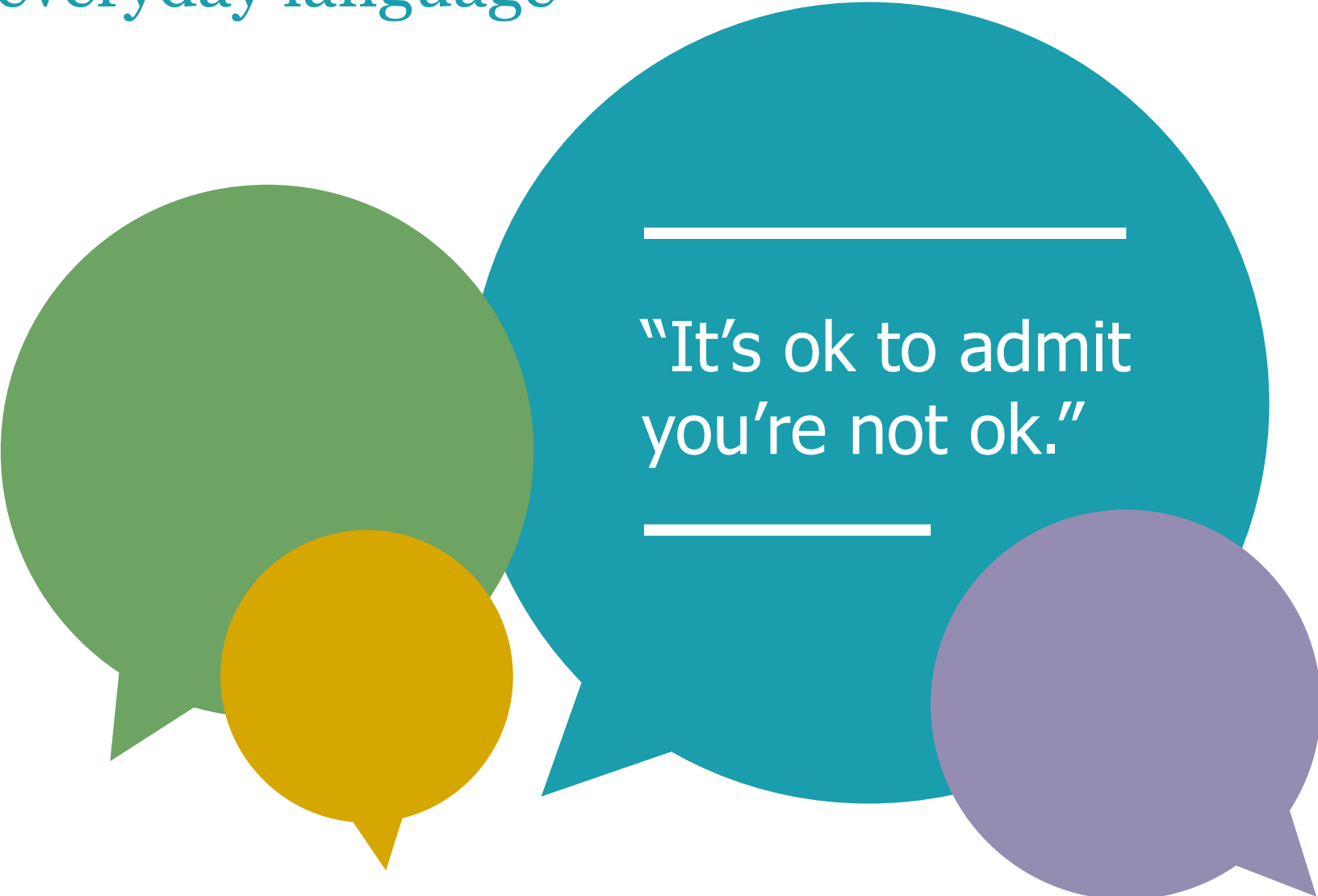
17 - 25
years

Average age of the first onset of major mental health disorders is between 17 to 25 years

A 'whole university' approach



Making Mental Wealth part of everyday language



“It’s ok to admit
you’re not ok.”

Responding to the challenge



Building on what's working well

Putting Mental Wealth First

More than 200
initiatives
underway,
including
workshops,
counselling support
and drop-in
sessions.



Future Steps for Mental Wealth First

Have faith
in yourself.

Notes to Students www.uwe.ac.uk/wellbeing

We're all here for you - in person, on the phone,
even online. So, let's talk now.

#LetsTalkNow

Everyone is
winging it.

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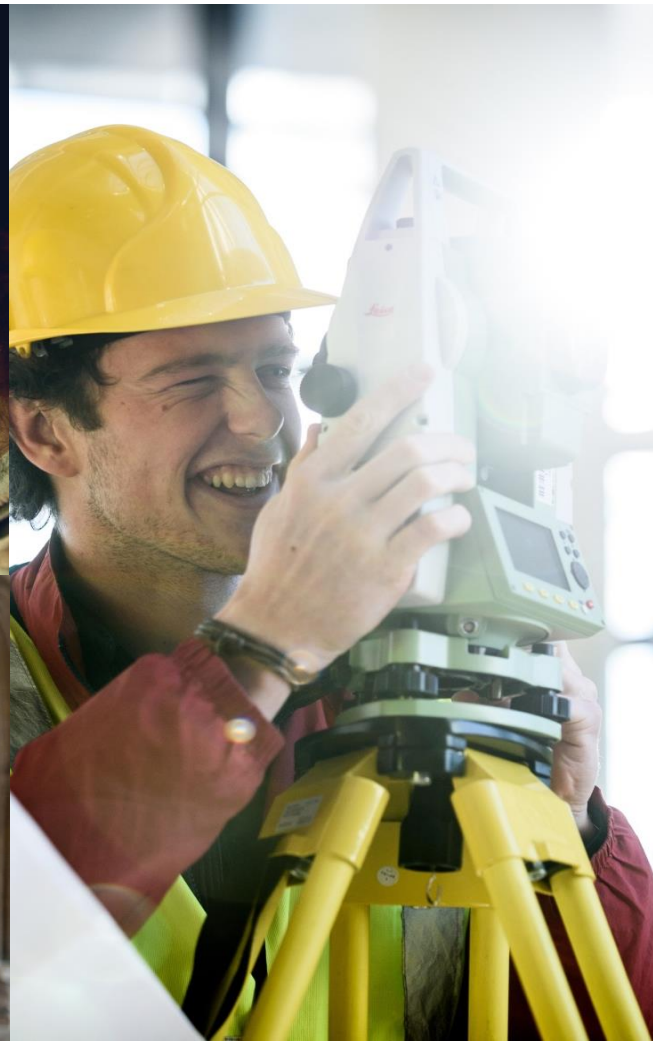
Don't believe
everything
you think

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#LetsTalkNow

Helping students reach their full potential





Universities UK

UWE Bristol Mental Wealth

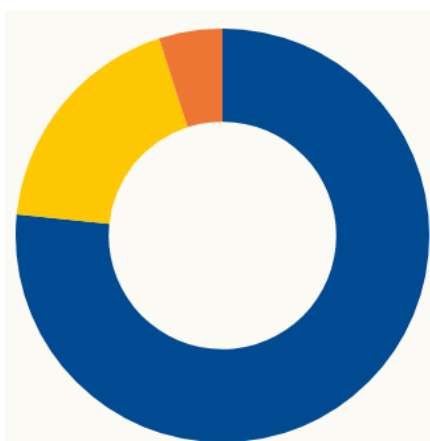
John de Pury

A young woman with long red hair, wearing a black t-shirt and blue jeans, sits on a wooden bench outdoors. She is smiling and looking towards the camera, with her hand on her head. Next to her, a young man with dark hair, wearing a red patterned sweater, is looking down at an open book. They are surrounded by green foliage. The text "#stepchange" is overlaid on the image.

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MENTAL HEALTH IN HIGHER EDUCATION

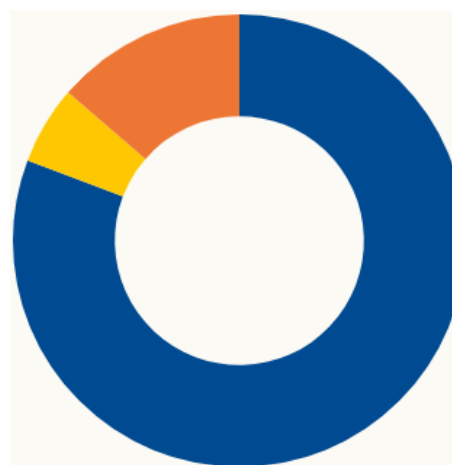
Student population - 2.28 million



• Undergraduate
• Postgraduate Taught
• Postgraduate Research



• Full time
• Part time



• Students from the UK
• Students from the EU
• Students from non-EU countries



• Male
• Female

- **Undergraduate:**
1.75 million
- **Postgraduate:**
532,975

- **Full time:**
1.7 million
- **Part time:**
540,285

- **UK:**
1.84 million
- **EU:**
127,440
- **Non-EU countries:**
310,575

- **Male:**
991,670
- **Female:**
1,29 million

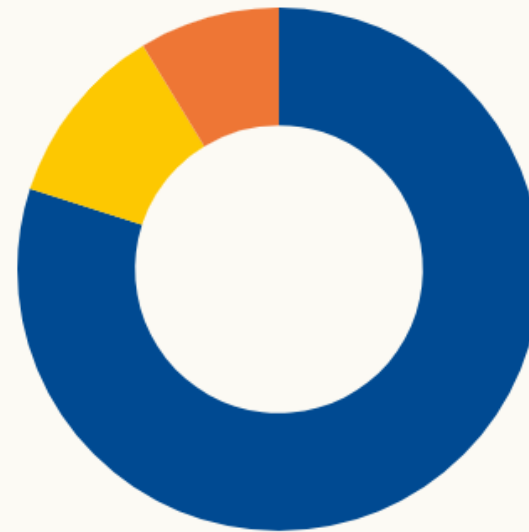
Staff population

Staff numbers in UK higher education (2015–16)

Total staff: 410,130



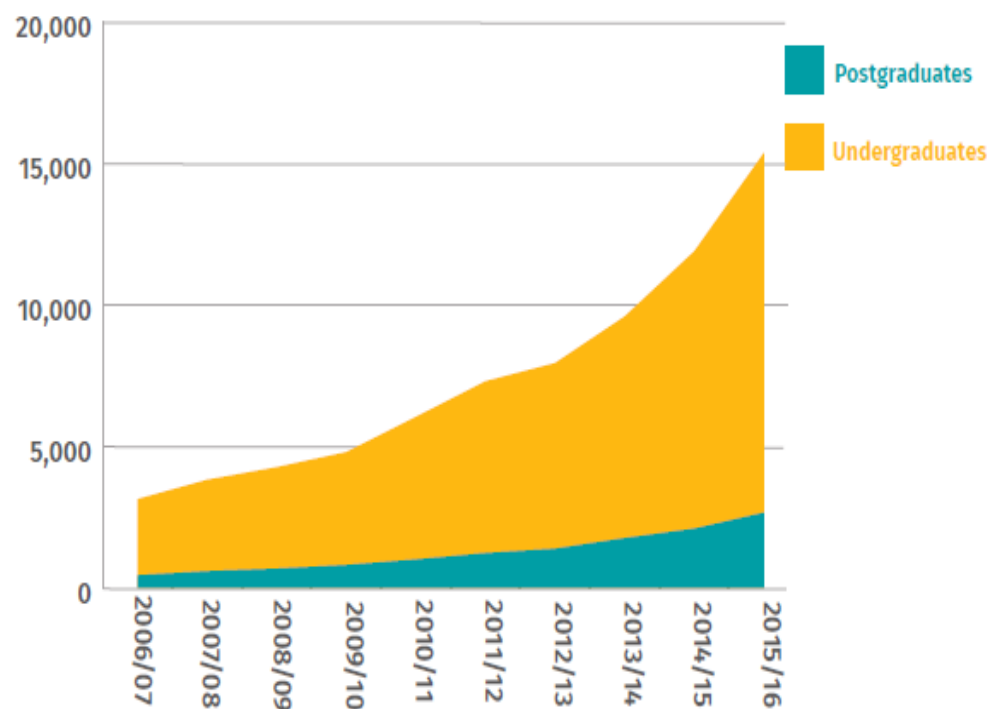
● Academic
● Non-academic



● Staff from the UK
● Staff from the EU
● Staff from non-EU countries

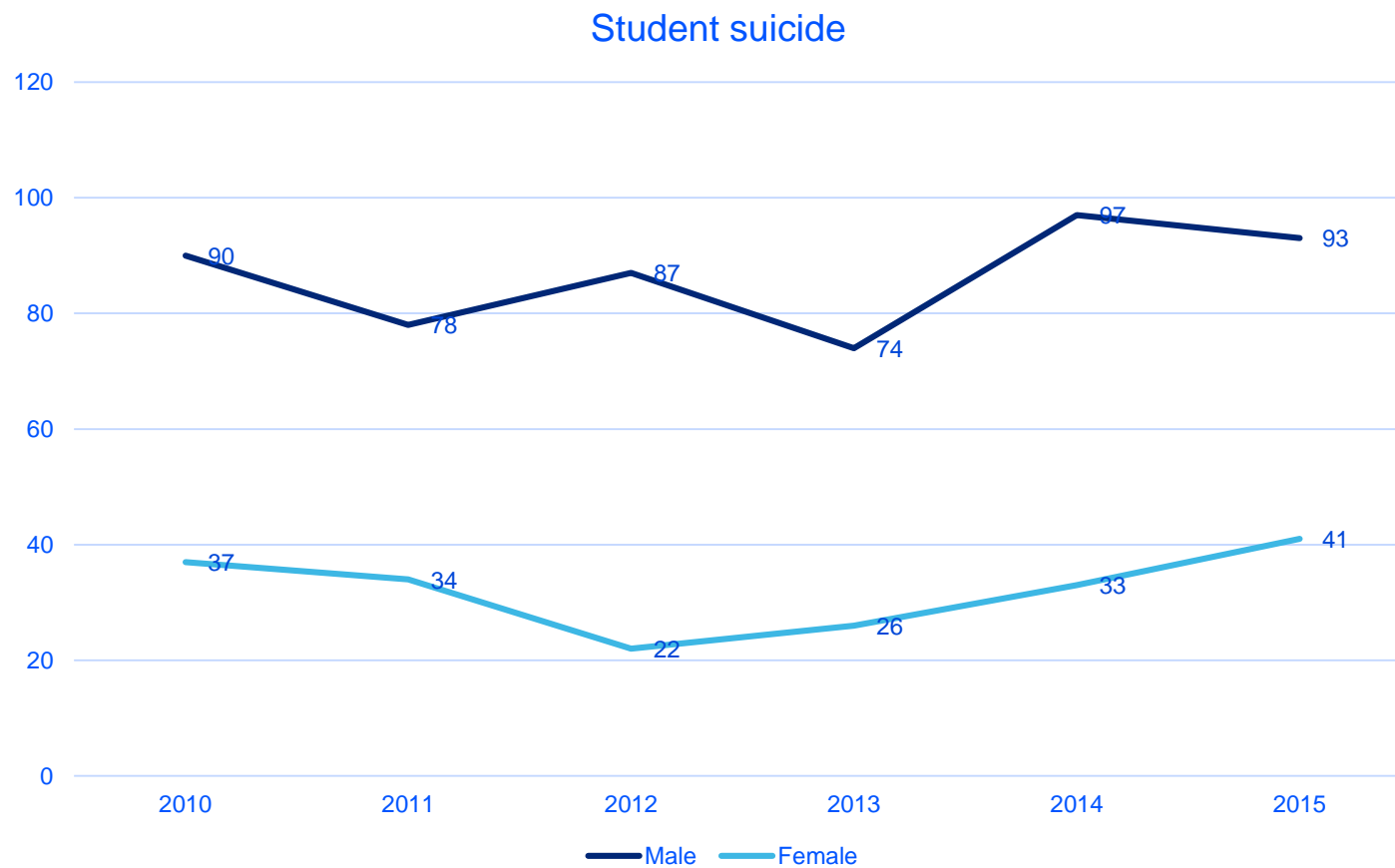
There are five times as many HE students in the UK to have disclosed a mental health condition than was the case ten years ago

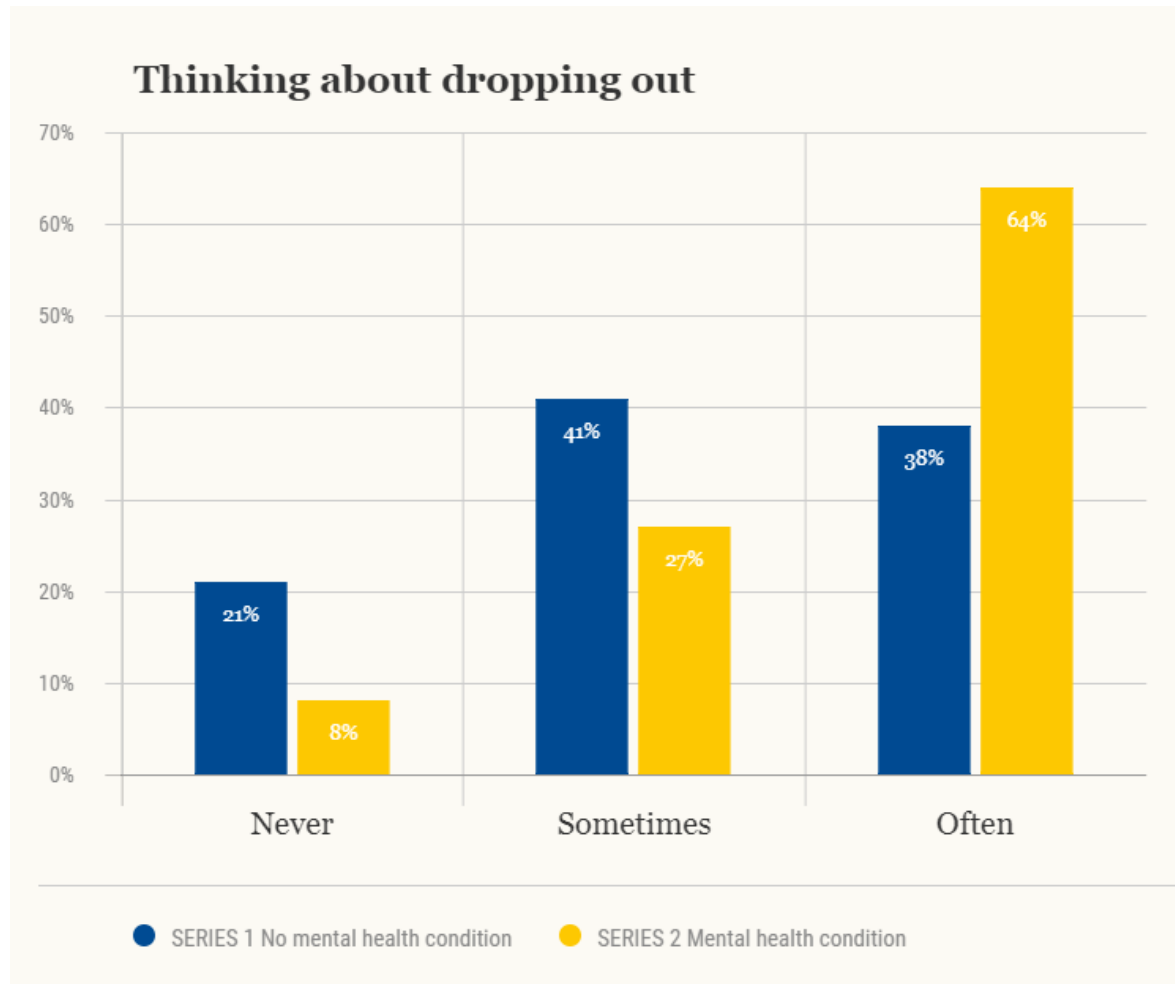
All UK-domiciled students with a disclosed mental health condition (such as depression, schizophrenia or anxiety) at higher education institutions (split by full-time/part-time; undergraduate/postgraduate) (UK) (2006/07–2015/16)



Source: IPPR analysis of Higher Education Statistics Agency data (2017b)

Suicide





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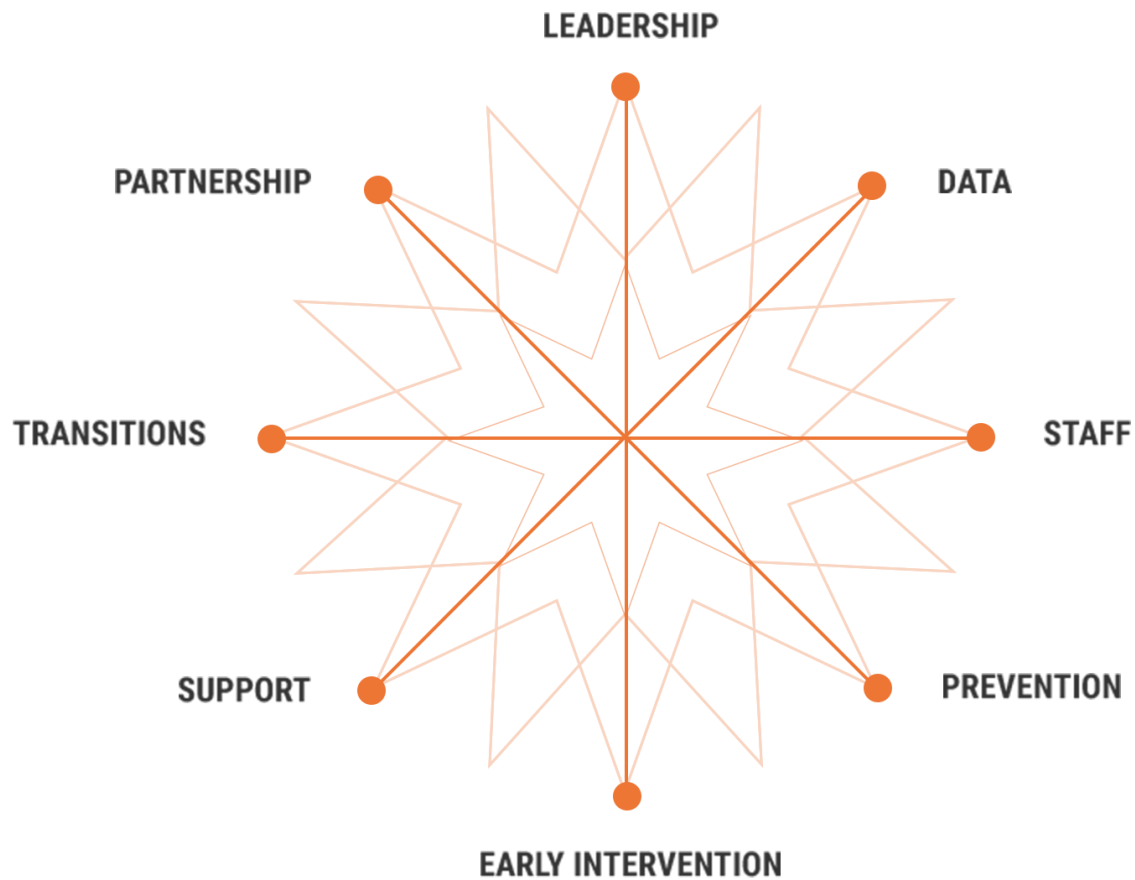
Phase 1

- Build the evidence base in partnership with IPPR.
- Develop a shared vision and business case for mental health as strategic priority.
- Develop and set out a 'whole university approach'
- Promote the approach to university leaders and government

Whole university approach



Framework



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MENTAL HEALTH IN HIGHER EDUCATION

Strategic = ‘Whole university approach’

- To pilot implementation of the approach initially across three institutions.
- To develop a mental health audit
- To set up a what works exchange



Designing and delivering services for student populations

Services Task Group

Population needs assessment

Exemplar sites



Transforming children and young people's mental health provision: a green paper [Dec 2017]

National strategic partnership 16-25 year olds

- Coordinated action, experimentation and robust evaluation:
- Leadership
- Data
- Prevention
- Awareness and early intervention
- Transitions
- Integrated support services
- Effective join-up



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MENTAL HEALTH IN HIGHER EDUCATION





Universities UK

Thank you

john.depur@universitiesuk.ac.uk

The Student Perspective

Rachel Piper
Policy Manager
@StudentMindsOrg




**student
minds**




What is 'The Student Perspective'?

**student
minds**



**What are the challenges
students face with their mental
health, and getting their needs
met?**


**student
minds**




Why is having the Step Change Framework and mental health strategies so important for students?




- *More accessible support*
- *More focus on student wellbeing*
- *An open and inclusive university culture*



“Somewhere where it is easy to ask for **support** and anyone you choose to turn to would be **informed** enough to support you in taking the next steps and finding the **appropriate** people to talk to - so many times people are sent in circles and end up giving up. I would like them to be able to support all types of mental health issue, and even if that means referring you **outside of university**, you keep a **key contact** within to support you. I would like it to be seen as **important enough** to receive **regular** funding and **investment** for the future.”

- 
- How did you find moving from school to university, and what did the university do to support that?/ How could the university have supported you?
 - What helps you, or would support you to feel involved and active in university life/ the university community?
 - What would help you realise your full potential during your time at UWE?



**What are the impacts of
engaging students in your
strategy?**

**student
minds**



**Thank you for listening,
keep on listening to students!**

**student
minds**



Our journey to a whole organisation, whole university approach

Hamish Elvidge



Wellbeing and Mental Health

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THE ALLIANCE FOR STUDENT LED WELLBEING



The **Matthew Elvidge** Trust

bacp

British Association for
Counselling & Psychotherapy

**student
minds**


AMOSSHE
The Student Services Organisation

mwbhe

UMHAN


**Nightline
Association**



nus
national union of **students**



Wellbeing and Mental Health

The Health Continuum





Wellbeing and Mental Health

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Support

Receiving the
right support

Understanding
the importance

Prevention

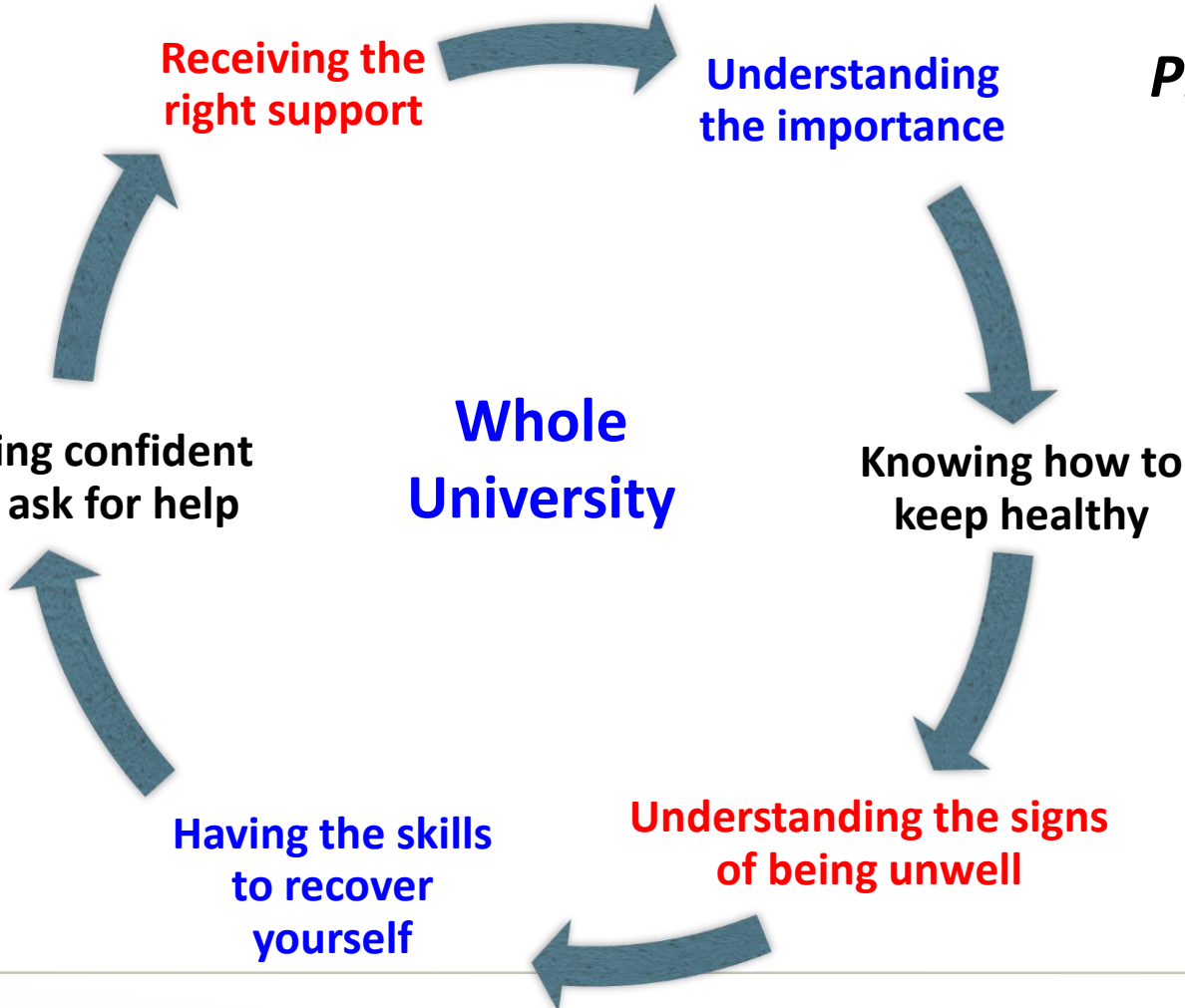
**Whole
University**

Being confident
to ask for help

Knowing how to
keep healthy

Having the skills
to recover
yourself

Understanding the signs
of being unwell





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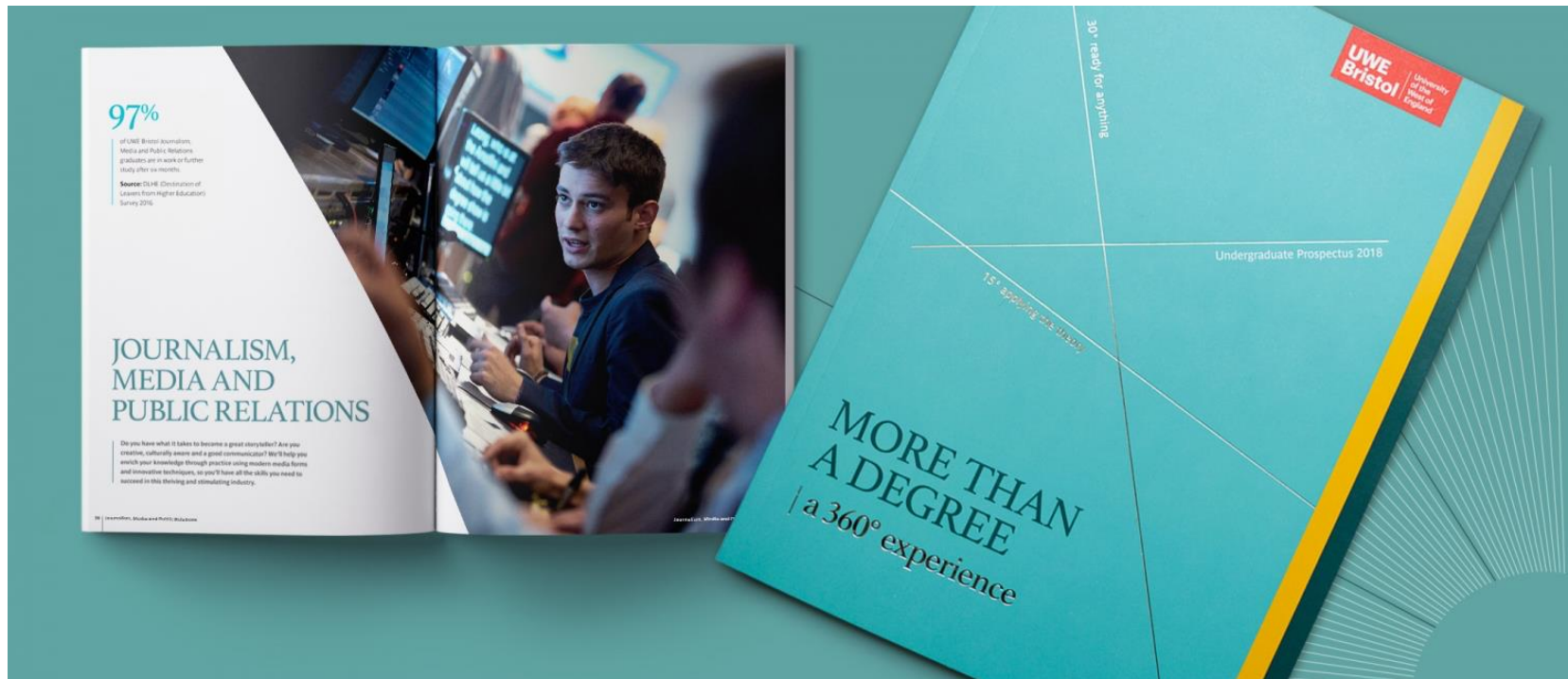
A Whole University Strategic Approach





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