

Coventry University  
Support for Students Experiencing Mental ill Health

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2<sup>nd</sup> February 2022

(OFS DMH16)

# Aims

## Overview of the service

### Response to recommendations from the Health and Social Care Scrutiny Board April 2019

**1.** That university services are commissioned with reference to other mental health services the City to enable pathways to be identified and transition between services smoother.

**2)** That more training is given to academic and pastoral staff at the universities to recognise mental health issues and provide support and signposting to students. This should include a focus on accommodation staff, for example– wardens, life tutors and security staff who are available outside of office hours. This training should also be offered to private accommodation providers.

**3)** That admissions policies should enable the identification of existing mental health issues specifically as part of the admissions process to enable the university to provide any learning, pastoral and health support required. Assurances should be provided that this information will not prejudice the application.

**4)** That there should be additional focus on international students' mental health and wellbeing. There should be a cultural emersion scheme which should reflect different cultural attitudes to mental health and how to access health services.

**5)** That the findings of the task and finish group be reflected in the Mental Health and Wellbeing Strategies as part of their development, especially with reference to student voice and working alongside students.

## 6) Questions

## Coventry University Group Student Support Overview:



1. Qualified counsellors that offer short term solution focused appointments supporting various issues such as anxiety, depression, relationship/family issues, grief/loss, self confidence, motivation, stress management, life decisions - *Sessions are collaborative and aim to empower the student to find their own ways forward/solutions*
2. A team of Mental Health Adviser's who support students with a mental health diagnosis, those who are worried about their mental health and those that present with risk

### The Mental Health Advisors':

- Provide ongoing support to students if needed or one off advice sessions
- Liaise with GP's, Community Mental Health Teams and other local/national support providers
- Discuss and put in place reasonable adjustments and work with academic faculties
- Provide support to staff who are working with students that are struggling with mental health
- Signpost to appropriate external support agencies (IAPT, crisis team, MIND)
- Work closely with University Protection service and emergency services
- Make urgent contact with students that present as high risk

That university services are commissioned with reference to other mental health services in the City to enable pathways to be identified and transition between services smoother

(note, we are not commissioned)

**Progress:**

- Partnership/liaison meetings (COViD response)
- Local Partnership meetings (Warwick/CUG/IAPT)
- Suicide Prevention Steering Group
- Meetings with CWPT
- Office for Students bid

**Challenges:**

- Communication/confidentiality

**Solutions:**

- Clear pathway identified and shared (OfS bid)



That more training is given to academic and pastoral staff at the universities to recognise mental health issues and provide support and signposting to students. This should include a focus on accommodation staff, for example—wardens, life tutors and security staff who are available outside of office hours. This training should also be offered to private accommodation providers.



### **Progress:**

- Connections Matter Micro site
- Mental Health and WB Zone
- Mental Health First Aid (2,500 students and circa 1000 staff)
- Zero Suicide Alliance training
- It Takes Balls to Talk
- Matrix under development to prioritise student facing staff (e.g. CURA success coaches)

### **Examples:**

- Online resource developed for all students with students
- Webinar – risk assessment and signposting
- Emotional Well-being plan
- Post-vention framework
- Meetings with accommodation providers across the city



That admissions policies should enable the identification of existing mental health issues specifically as part of the admissions process to enable the university to provide any learning, pastoral and health support required. Assurances should be provided that this information will not prejudice the application.

### **Progress:**

- Presence at open days
- Online induction
- Ongoing assurances and proactive contact throughout enrolment offered
- Out-duction process

### **Examples:**

- Success coaches (80 recruited to provide additional pastoral support)
- Emotional fitness plans



That there should be additional focus on international students' mental health and wellbeing. There should be a cultural emersion scheme which should reflect different cultural attitudes to mental health and how to access health services (note, we also consider 'home' students from different ethnic backgrounds)

### **Progress:**

- International Office training
- Work with CUSU and societies
- Office for Students bid
- Online learning resource
- Work with City of Culture
- C2025 – decolonisation of the curriculum

### **Examples:**

- Representative staff group
- Widening Participation Plan



That the findings of the task and finish group be reflected in the Mental Health and Wellbeing Strategies as part of their development, especially with reference to student voice and working alongside students.

### **Progress:**

- Co-creation
- Co-design
- Presence on HWB Action Group (CM)
- Health and Well-Being Strategy
- Mental Health Strategy reviewed and refreshed

### **Examples:**

- Toilet door campaign
- Research





**Questions?**

