



To: Health and Social Care Scrutiny Board

Date: 1 April 2026

Subject: Student Wellbeing - B) Warwick University

1 Purpose of the Note

- 1.1 To inform the Health and Social Care Scrutiny Board of the approach to student health and wellbeing at Warwick University.

2 Recommendations

- 2.1 The Health and Social Care Scrutiny Board is recommended to:
- 1) Consider the information provided in the briefing note below
 - 2) Identify any further recommendations for the appropriate Cabinet Member and/or partners

3 Information and Background

- 3.1 The university provides a broad range of services aimed at supporting both the mental and physical wellbeing of the student community.

4 Our Wellbeing and Safeguarding Services provide:

- 4.1 **Wellbeing Support Services:** practical and emotional support for students experiencing difficulties with mental health, personal circumstances, or study pressures.
- 4.2 **Counselling and Psychological Services:** time-limited therapeutic support
- 4.3 **Disability Services:** specialist support for students with long-term health conditions, disabilities, and neurodivergence.
- 4.4 **Community Safety and Residential Community Teams:** helping maintain safe living and study environments.
- 4.5 **Student Funding Support:** financial wellbeing advice and hardship support.

5 Alongside this, the university promotes healthy lifestyles and preventative wellbeing through:

- 5.1 Extensive sport and physical activity provision through Warwick Sport, including accessible programmes for beginners and students returning to activity.
- 5.2 Active wellbeing initiatives, including social sport, walking groups, and programmes designed to improve mental wellbeing through movement.
- 5.3 Health promotion campaigns throughout the academic year addressing issues such as sleep, alcohol awareness, exam stress, and self-care.
- 5.4 Peer support and student-led wellbeing initiatives, often delivered in partnership with the Students' Union.

5.5 The aim is to create a whole-uni approach to wellbeing, where prevention, early intervention, and support services work together. Our sports and wellness hub is a state of the art facility which creates lots of opportunity for physical and mental wellbeing

6 Access to NHS and health services

6.1 Students are encouraged to register with a local GP on arrival, and many Warwick students register with the University Medical Centre on campus, which provides primary care services specifically for students.

Students also access:

- Local GP practices across Coventry and Warwickshire
- NHS Talking Therapies services
- Community mental health and crisis services
- Hospital services where needed
- The university works closely with Coventry and Warwickshire NHS partners to support appropriate referrals and ensure students receive the care they need.

7 Areas where partnership working would be beneficial

7.1 We see significant value in continuing to strengthen collaboration between the University, the local Council, and local health partners in areas such as:

- Student mental health and suicide prevention, including shared learning and coordinated responses to emerging risks
- Public health initiatives, particularly around healthy lifestyles, substance use, sexual health, and physical activity
- Data sharing where possible
- Community safety and safeguarding, particularly where students interact with the wider Coventry community
- Crisis response pathways, ensuring students can access appropriate NHS services quickly when required

8 Upcoming projects, innovation, and good practice

8.1 We are currently developing a new Student Wellbeing Strategy, which aims to strengthen our whole-institution approach to student health and wellbeing.

Areas of focus include:

- Improving early intervention and prevention, helping students access support sooner
- Enhancing access to support services, including exploring extended hours and digital access
- Better integration between uni support services and external partners
- Developing improved data and outcomes measurement to understand the impact of wellbeing interventions
- Strengthening community safety and safeguarding responses

8.2 We are also continuing to develop initiatives that encourage physical activity and social connection, recognising the important role these play in supporting both mental and physical health

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