Student Mental Health and Step Change

Sally Ingram

Court – 11th October 2019
Student Mental Health at Newcastle University and #Stepchange

- Sector wide increase in concern for student mental wellbeing
  - Increase at Newcastle University
  - UUK guidance – Suicide Safer Universities and #stepchange
  - CEO of Office for Students echoed recommendations

#Stepchange at Newcastle University
- Task and Finish Group
- Gap analysis
- Recommendations
- Action plan
Student Mental Health at Newcastle University and #Stepchange

Data
- Students engaging in support experience benefit
- New student wellbeing record management system
- Improvements to student support plans
- Year Abroad students

Staff/Leadership
- Health and Wellbeing Committee and Strategic Plan
- Employment Assistance Programme (EAP)
- Staff training programme
- Personal Tutor system review

Prevention and Early Intervention
- Best practice examples throughout university
- Improvements to systems and processes
- Improve awareness
- NHS data sharing protocol
- Wellbeing Officers

Support
- Silvercloud
- EAP for postgraduate students
- School-based instant access support staff
- Res Life

Transition
- Existing provision examples and new initiatives
- Target students at key points in student lifecycle
- Increase awareness and access to study skills support

From Newcastle. For the world.
Student Mental Health at Newcastle University and #Stepchange

2018

Nov  Dec  Jan  Feb  Mar  Apr  May  Jun  Jul  Aug  Sep  Oct  Nov  Dec

Gap analysis

2019

Nov  Dec  Jan  Feb  Mar  Apr  May  Jun  Jul  Aug  Sep  Oct  Nov  Dec

Action planning

Sign off action plan

EB approval

Consultation / approval

Repot to EB

Stakeholder mapping

Close Task & Finish Group

Agree Steering Group membership

Resource implications

Approval routes

2020

Nov  Dec  Jan  Feb  Mar

Student Experience Sub-committee

EDI

OD

Unions?

Health and Wellbeing Committee

Task and Finish Group

Steering Group
Questions?