

# Student Mental Health

## Developing a strategy





## Trends

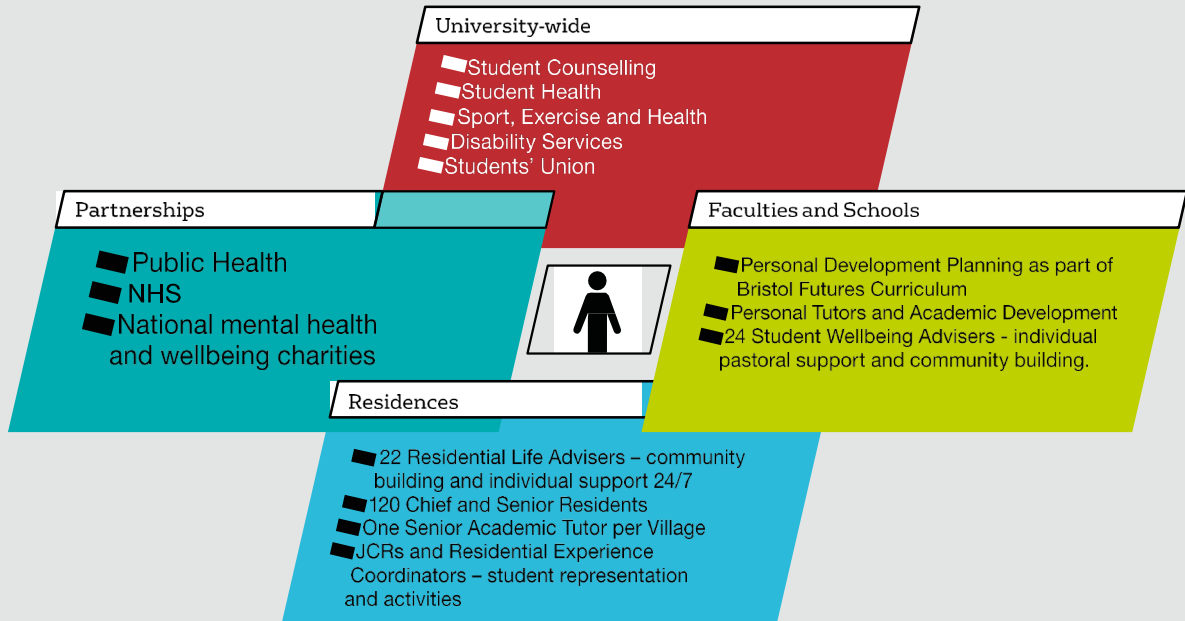
- General wellbeing
- Social isolation
- Anxiety, depression
- Perfectionism
- Substance use
- Suicidal ideation

- University Strategy 2016
- Student wellbeing priority
- £1M investment
- Student Wellbeing Service
- Residential Life Service
- Student deaths by suicide
- Media coverage





- Whole institution approach
- New services
- Proactive support
- Community building
- Skills development
- Additional support





- Student Counselling
- Students' Health
- Disability Services
- Sport Exercise and Health
- Bristol SU
- Report and Support
- Suicide Prevention and Response

## Residential Life Service

- Transition to independent living
- Inclusive community building
- Residential life programme (SEH/Bristol SU)
- Life skills development
- Additional support needs





## Student Wellbeing Service

- Transition to study in HE
- Inclusive community building
- Wellbeing self-management
- Personal Tutoring / PDP
- Peer led support
- Additional support needs

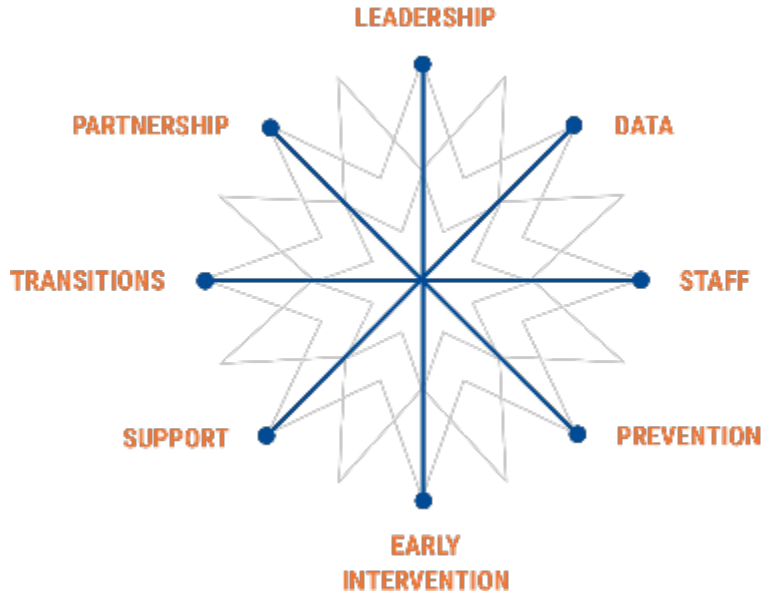


- **Public Health**
  - Bristol Thrive
  - Substance misuse
  - Suicide Prevention and Response
- **NHS**
  - Strategic and operational
  - Access to Primary and Secondary Care
  - Service design



# UUK Strategy Framework

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- VC's Taskforce
- UUK Framework Review
- Staff and student strategy development
- Strategy Action Plans
- Annual Report to Board
- Transition to business as usual