



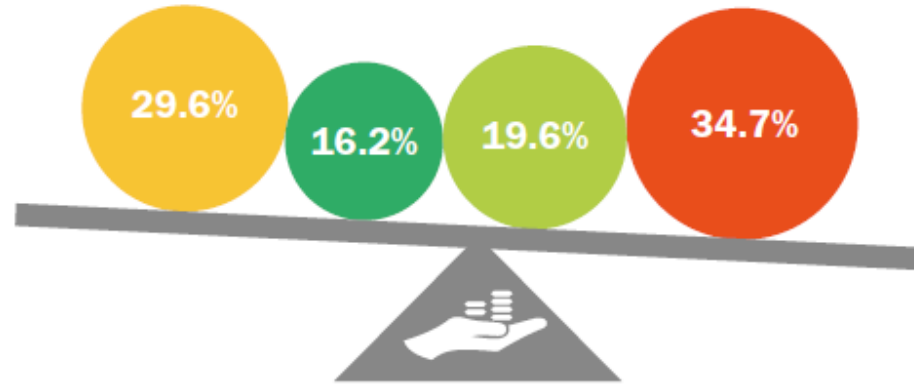
How does the University of Manchester provide a whole university approach to student mental health and wellbeing?



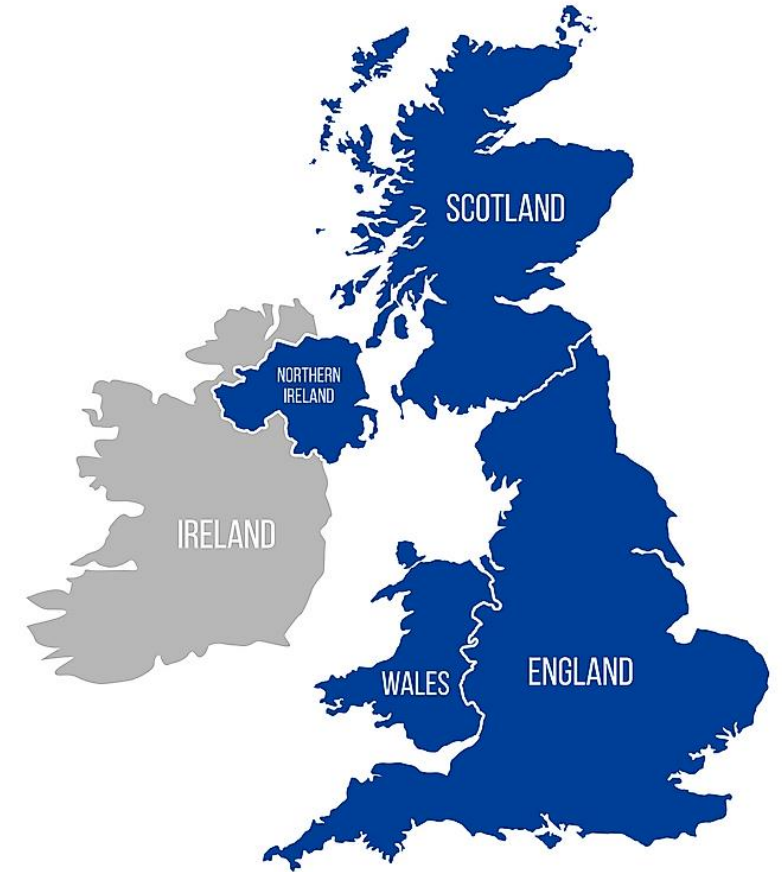
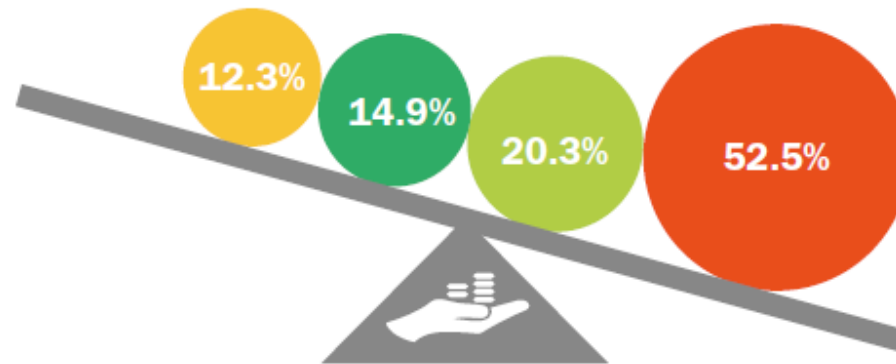
Dr. Simon Merrywest
Director for the Student Experience
(simon.merrywest@manchester.ac.uk)

United Kingdom Universities: Where does the money come from?

Income in UK HEIs 2011-12 £27.9bn



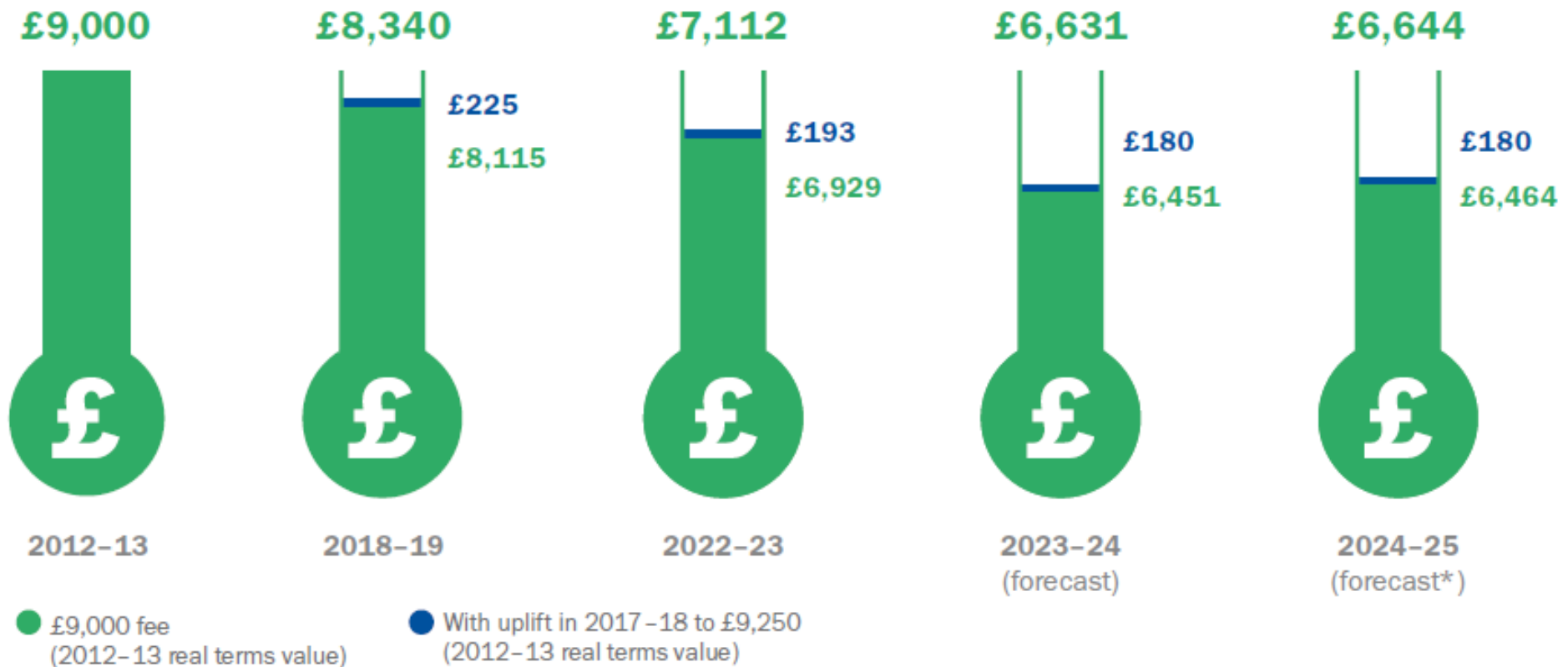
Income in UK HEIs 2021-22 £46.9bn



- Funding body grants
- Research grants and contracts
- Other income - including investment income, donations and endowments
- Tuition fees (and education contracts)

Most UK students pay their own fees (loans are available); the value of fees is declining

Estimated value of the maximum £9,000 English undergraduate fee from 2012-13



Notes: Estimate based on CPI increases allowed from September 2022 compared to the 2012-13 fee in real terms.

*The OBR forecasts CPI inflation to fall to -0.2 in Q3 of 2024. This would result in a slight rise in the real value of tuition fees year-on-year.

Sources: OBR, UCAS and UCEA.

In the United Kingdom, the National Health Service is free to use for most services

Everyone has a right to register with a GP (General Practitioner)

You do not need proof of address, immigration status, ID or an NHS number.

Find your nearest GP practice and [register online](#).

If you are having difficulty registering with a GP you can:

- [Download](#) a GP Access Card and show this to the GP receptionist
- phone NHS England (0300 311 22 33) or Doctors of the World (0808 1647 686) for help



These health services are free for everyone



- GP advice and treatment
- Services that are provided as part of the **NHS 111 telephone advice line**
- **Accident and Emergency** services provided at an A&E department, **walk-in centre, minor injuries unit** or **urgent care centre**
- Diagnosis and treatment of some **infectious and sexually transmitted diseases**
- NHS services provided for **COVID-19** investigation, **diagnosis, treatment** and **vaccination**
- **Family planning** services (contraception)
- Treatment for a **physical or mental condition caused by torture, female genital mutilation, domestic violence** or **sexual violence**



Specialist health services are also free for:

- Refugees
- Asylum seekers
- Victims or suspected victims of Modern Slavery
- dependants



People whose application for asylum has been rejected may still have access to free NHS services. [Check](#) if you are entitled to free health care.



Prescription medicines, dental and eye care are normally not free in England but asylum seekers who are financially supported by the Home Office will be given an HC2 certificate to get full help with these health costs. Anyone can apply for this support, [see further advice](#) on how to apply.



Student mental health is a hot topic in UK Universities

60p

QUALITY, CONCISE - THE FUTURE OF INDEPENDENT JOURNALISM

SPORT

Premier League
Mané doubles up as Liverpool show their class

Baby on board
Internet dating as a single mum... how hard can it be?

Sterling show by City too much for Gunners

Universities urged to deal with crisis in mental health

Head of higher education watchdog warns that more must be done to help struggling students

'Pressures of expectation' creating challenging environment for young people, Nicola Dandridge tells

Body to focus on transition period for school-leavers, when students are most vulnerable

EXCLUSIVE - P6

£100m pledge to help the homeless
P8

Boy pulled alive from plane crash
P23

A race to the Sun
Nasa lifts off for first-ever solar mission
P11

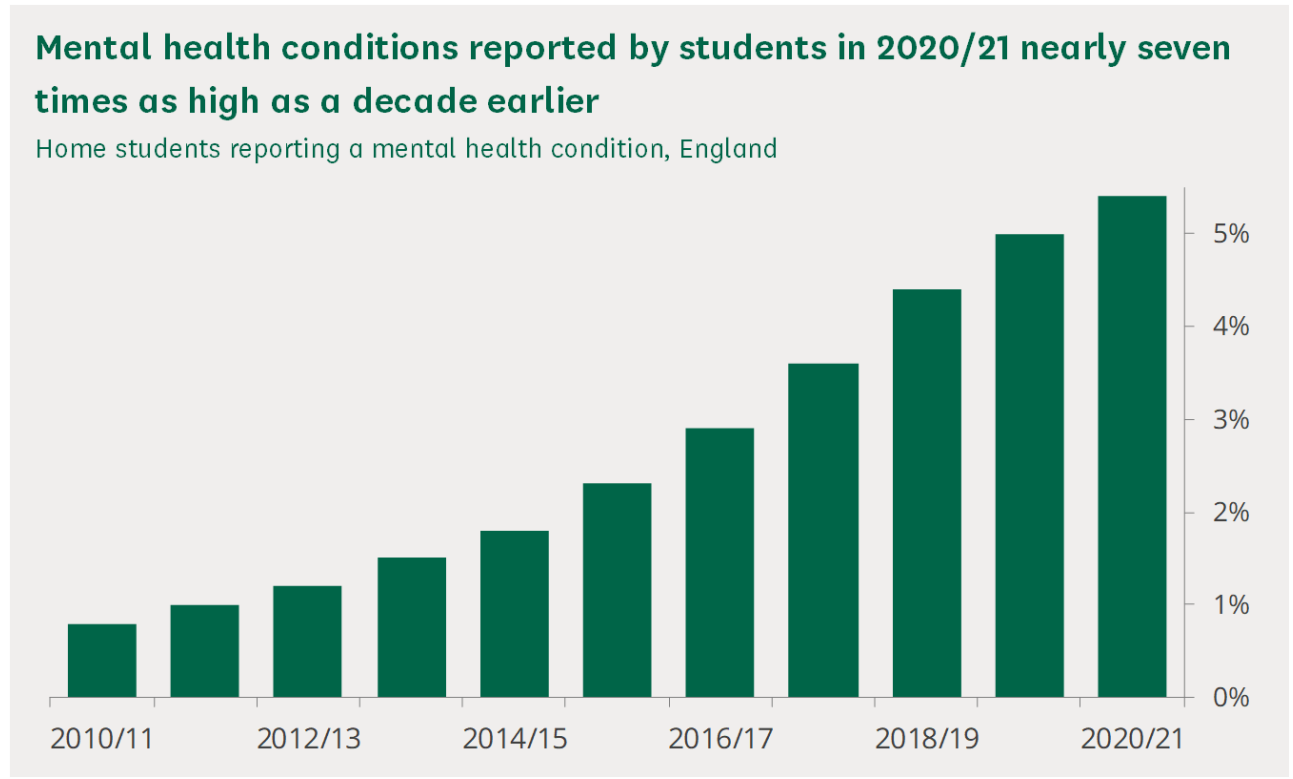
Screen teen
Inbetweener Joe Thomas on why he's better as a beta
P32

MONDAY
13 AUGUST 2018
Number 2,408

Burka row obscures the sinister rise of the far right
Ian Birrell
P15

i@inews.co.uk @theipaper
theipaper theipaper

PLUS CHESHIRE'S HIDDEN HIGHLIGHTS P31 | MEDIA P37 | TV GUIDE P26 | PUZZLES P40





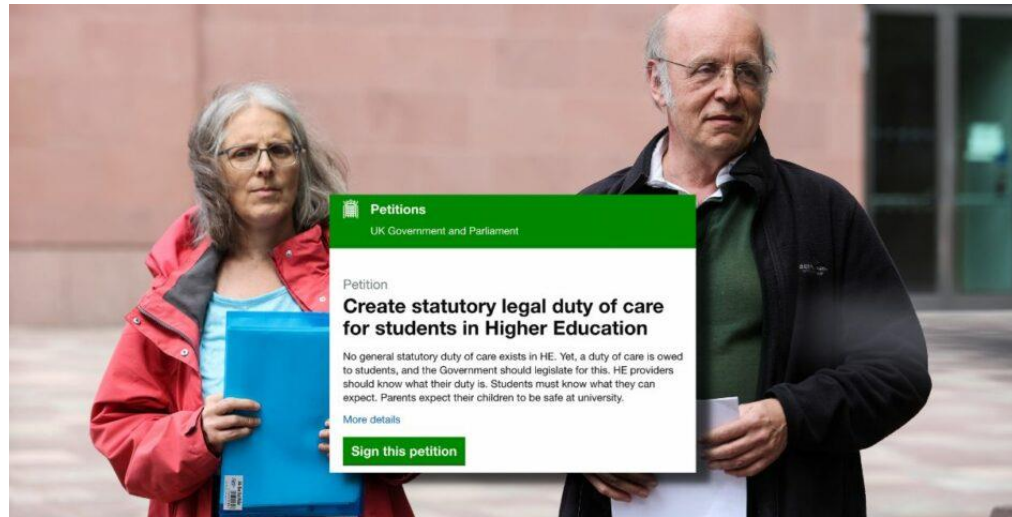
Over the last decade the number of UK applicants to university that shared a mental health condition on their UCAS form has increased by 450% (to 3.7% of all applicants last year). The rate of disclosure varies across the student population, with female applicants more than twice as likely to share as male applicants, and with care experienced students and applicants identifying as bisexual, lesbian, or trans also significantly more likely to make a disclosure.

Nearly half of applicants do not share information about their mental health with their university. UCAS estimates over 70,000 students enter university every year with a mental health condition.

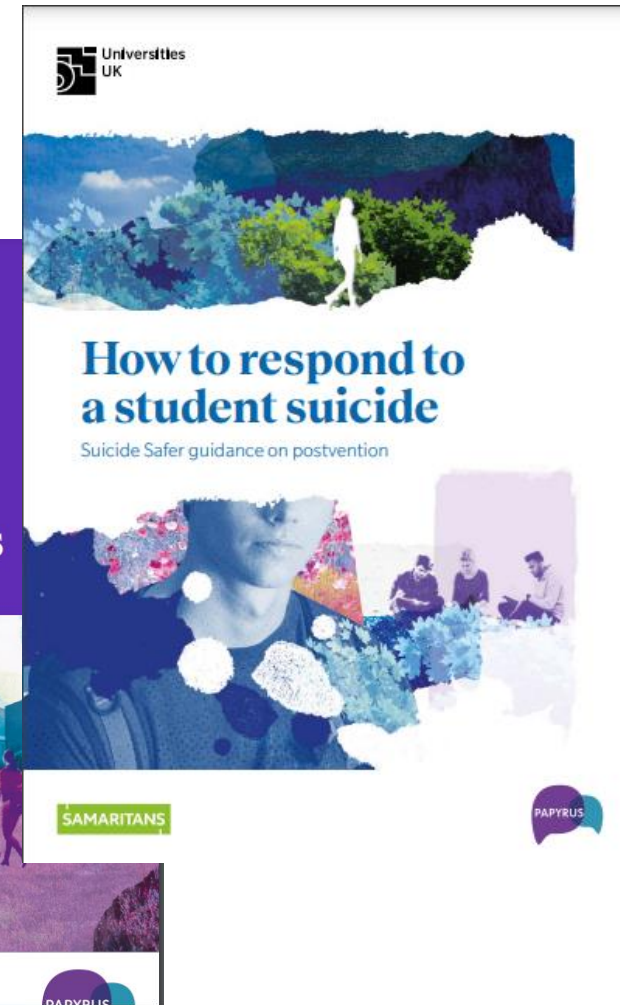
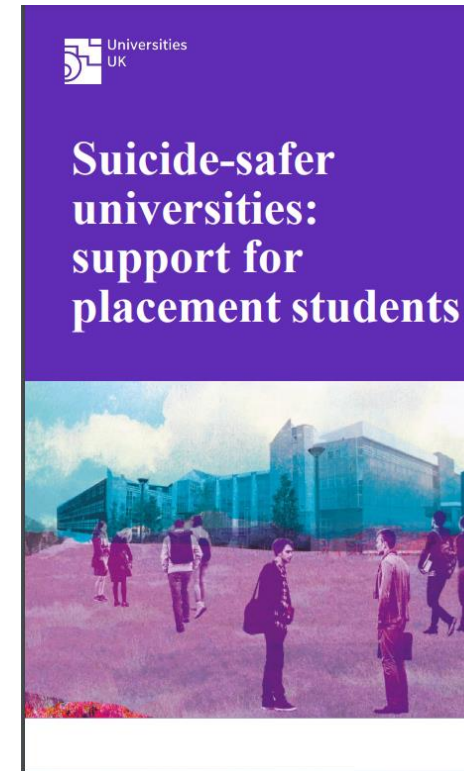


There is also a significant focus on suicide prevention in universities

The Office for National Statistics data on student suicides in England and Wales –found a decline in rates over the academic years 2016/17 to 2019/20.



Student suicide rates in England and Wales are less than half the rates compared with the general population at similar ages





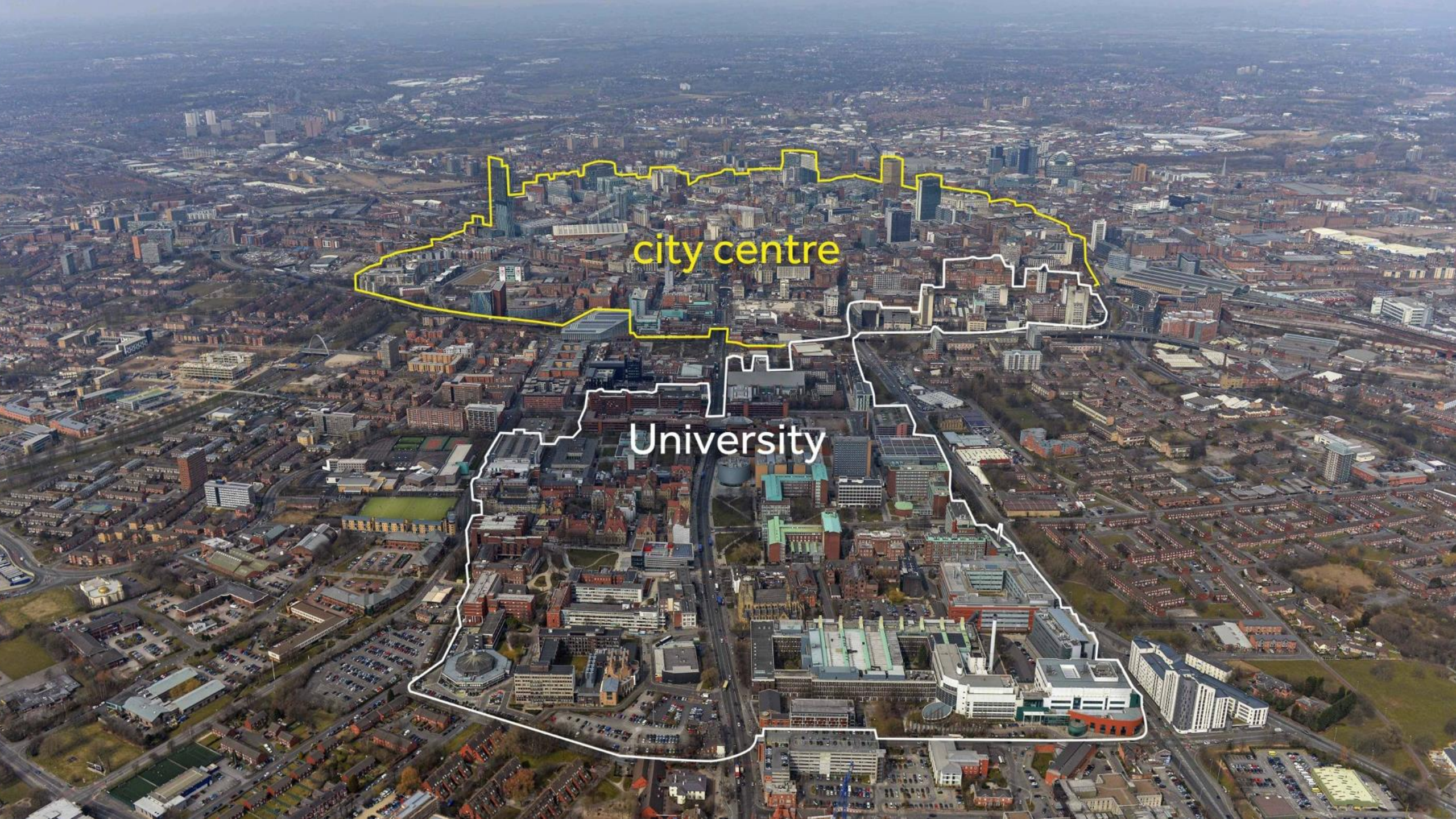
“ This is Manchester, we do things differently here. ”
Tony Wilson,
TV and Radio
presenter



- **First industrial city**
- **City population of 530,000; over 96,000 students**
- **Rich musical, sporting and cultural heritage**
- **Varied and quirky entertainment venues**
- **Excellent transport links**
- **Frequently appears in the top ten list of most liveable cities in the UK**

**With 45,000 students and 11,000 staff,
the University makes a significant
contribution to the city, region and UK**





city centre

University

Manchester has the most comprehensive wellbeing offer of any UK university

MANCHESTER 1824 Student News
The University of Manchester

HOME STARTING UNI MANCHESTER UNIVERSITY NEWS STUDENT MADE UG NEWS PGT NEWS PGR NEWS UOM TIKTOK UOM INSTAGRAM




Photo by Pavel Danilyuk on [iStock.com](#)

HEALTH | STARTING UNI | WELLBEING

University launches new GP service

14 September, 2022

Reading Time: < 1 minute
A new GP service has launched on our University's campus – and you can access it now.

GP stands for general practitioner (this is what we call local or family doctors). The service provides a range of non-emergency services by appointment – including medical consultations, medication prescriptions, vaccinations, and referrals to other medical services.

The University of Manchester GP Service, a partnership with The Robert H. Smith School of Medicine, is based on the 4th floor of Crawford House, and is open 9am to 5pm Monday to Friday, and 9am to 12pm on Wednesdays. You can register with the service via the [GP Service website](#).

Care experienced students

We're committed to providing the support you need during your time at Manchester.

Key Information

- We offer support to care leaver and care experienced students. A care leaver is generally someone who has been in the care of their local authority for a period of 13 weeks or more around their 16th birthday. Care experienced refers to anyone who has been in care at any stage of their life, no matter how short period.
- This page and the linked documents outlines the support we offer to current students.

[Advice for care leavers during and after Covid-19 from the Department for Education and the Care Leaver Covenant](#)

Supporting you

Named contact

University financial support

Accommodation

Careers and employment support



Student and staff support are all based around the Stepped Care Model

- **Step 1** – University wide, public health preventative approach – e.g. 6 Ways to Wellbeing, Wellbeing Wednesdays, Sporticipate, Buddy Scheme.
- **Step 2** - Low intensity interventions –support in Schools and Residences, on-line resources e.g. Togetherall, psychoeducational workshops, Health Assured 24/7 helpline and app.
- **Step 3** - University provided specialist support services e.g. Counselling and Mental Health Service, Disability Advisory and Support Service, Advice and Response: offering 1-1 advice, guidance, support, specialist interventions, packages of support.
- **Step 4** – Specialist advice and response to crisis situations or urgent concerns provided by the Counselling & Mental Health Service and Advice & Response: Report and Support, Duty Practitioner, urgent mental health assessment, escalation process.
- **Step 5** – GM Hub (Greater Manchester University Student Mental Health Service)

Step one example: 6 Ways to Wellbeing



Step one example: Harm reduction approach

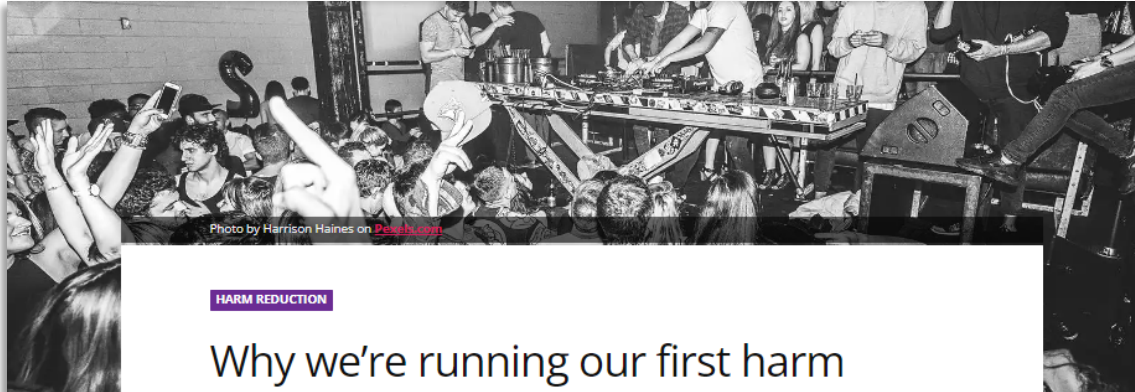


Photo by Harrison Haines on Pexels.com

HARM REDUCTION

Why we're running our first harm reduction campaign

23 May, 2022

Reading Time: 2 minutes

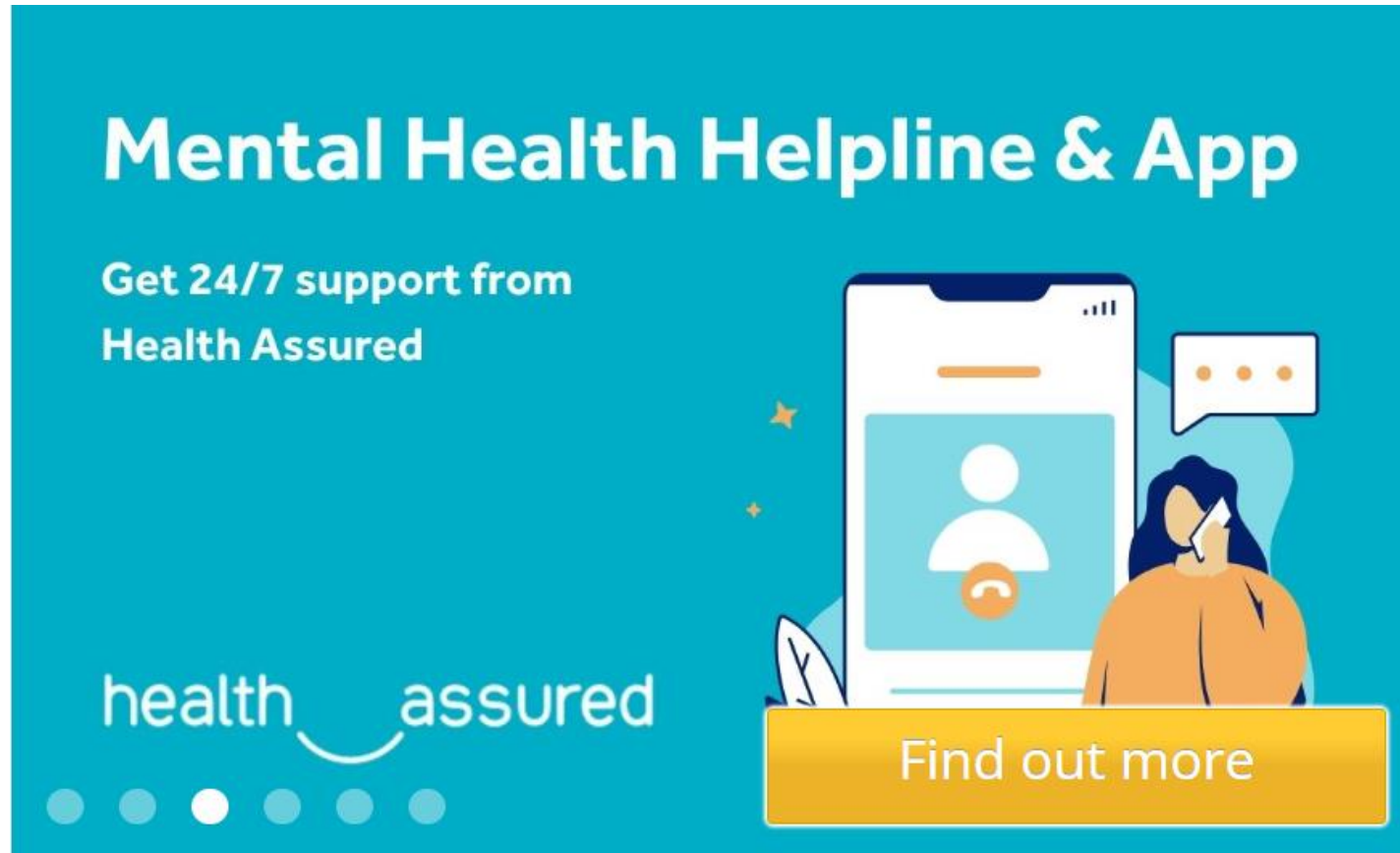
A message from Simon Merrywest, Director for the Student Experience.

In-line with our [announcement from January](#), in partnership with the Students' Union, that we have moved from a zero-tolerance, to a harm reduction approach to drugs and alcohol; we will be running our University's first harm reduction campaign from the 30 May 2022. We believe we will be the first UK university to do this.

The University of Manchester does not condone the use of illegal drugs or the misuse of prescription drugs. But we know that despite this, some students still choose to use drugs whilst at university. So, we have a choice. We can simply tell students not to take drugs and hope for the best. Or we can try to ensure that students who choose to engage in drug use are aware of the dangers and have access to knowledge and support that allows them to make informed choices and reduce the harm they do to themselves.

We appreciate that some people feel strongly that we should simply tell students to 'just say no' – and we get that view. However, given the increasing purity of substances and issues with contaminants resulting in people becoming seriously unwell and, in some cases, dying after

Step two example: Health Assured 24/7 Service and app and Safezone app



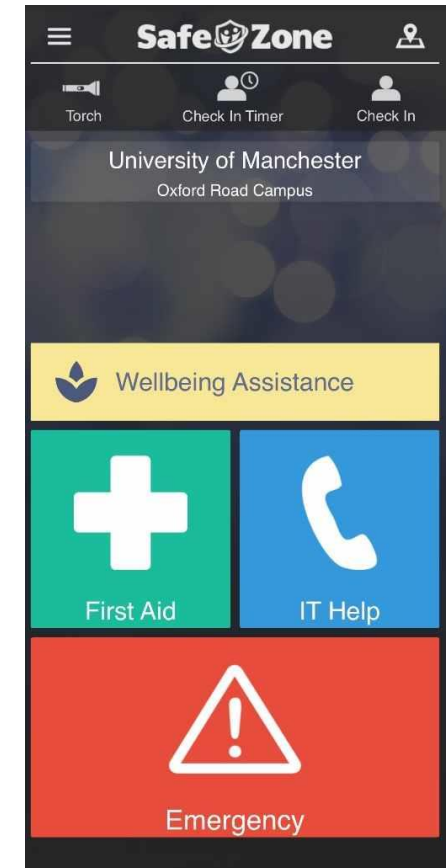
Mental Health Helpline & App

Get 24/7 support from Health Assured

health assured

Find out more

The banner features a blue background with white text. It includes an illustration of a person talking on a mobile phone next to a smartphone displaying a person icon and a speech bubble. A yellow button at the bottom right says 'Find out more'. The 'health assured' logo is at the bottom left, with a series of colored dots below it.



SafeZone

Torch Check In Timer Check In

University of Manchester
Oxford Road Campus

Wellbeing Assistance

First Aid IT Help

Emergency

The app interface is dark-themed. At the top, it shows 'SafeZone' with a menu icon, a user profile icon, and a 'Check In' timer. Below this, it displays 'University of Manchester Oxford Road Campus'. A yellow bar contains 'Wellbeing Assistance'. Two large buttons are visible: a green one with a white cross for 'First Aid' and a blue one with a white telephone handset for 'IT Help'. At the bottom, a large red button with a white warning triangle icon is labeled 'Emergency'.

Step two example: Fully integrated residential life offer



ResLife colleague wins national award for transforming student engagement

13 May 2022

Luci Cockayne picks up the 'Residential Life New Professional' award, after joining our University just last year



Step two example: Fully integrated academic school support teams

The screenshot displays the 'Student Experience Programme' website. At the top, a dark blue navigation bar contains a home icon and links for 'About', 'Cohort 1', 'Cohort 2', 'Cohort 3', 'Student Hubs', 'Technology and process', 'News', and 'Contact'. Below the navigation is a purple header for 'Updates from the programme'. The main content area lists four updates with dates: 'Laying the foundation for better course unit selection and refund management (03 May 2023)', 'Improvements in managing course units and programmes (09 Feb 2023)', 'Student Experience Programme reaches important milestone (12 Dec 2022)', and 'Matching and recruitment for SEP cohort 3* (12 Oct 2022)'. A 'More updates' link is provided. To the right, a laptop graphic shows a megaphone icon, with a callout box labeled 'About' and the text 'More about the Student Experience Programme'. At the bottom, three feature cards are shown: 'New structures' with an illustration of two people talking, a card with a magnifying glass over a question mark on a computer screen, and 'Student Hubs' with an illustration of hands holding a heart.

Student Experience Programme

Home About Cohort 1 Cohort 2 Cohort 3 Student Hubs Technology and process News Contact

Updates from the programme

- Laying the foundation for better course unit selection and refund management (03 May 2023)
- Improvements in managing course units and programmes (09 Feb 2023)
- Student Experience Programme reaches important milestone (12 Dec 2022)
- Matching and recruitment for SEP cohort 3* (12 Oct 2022)

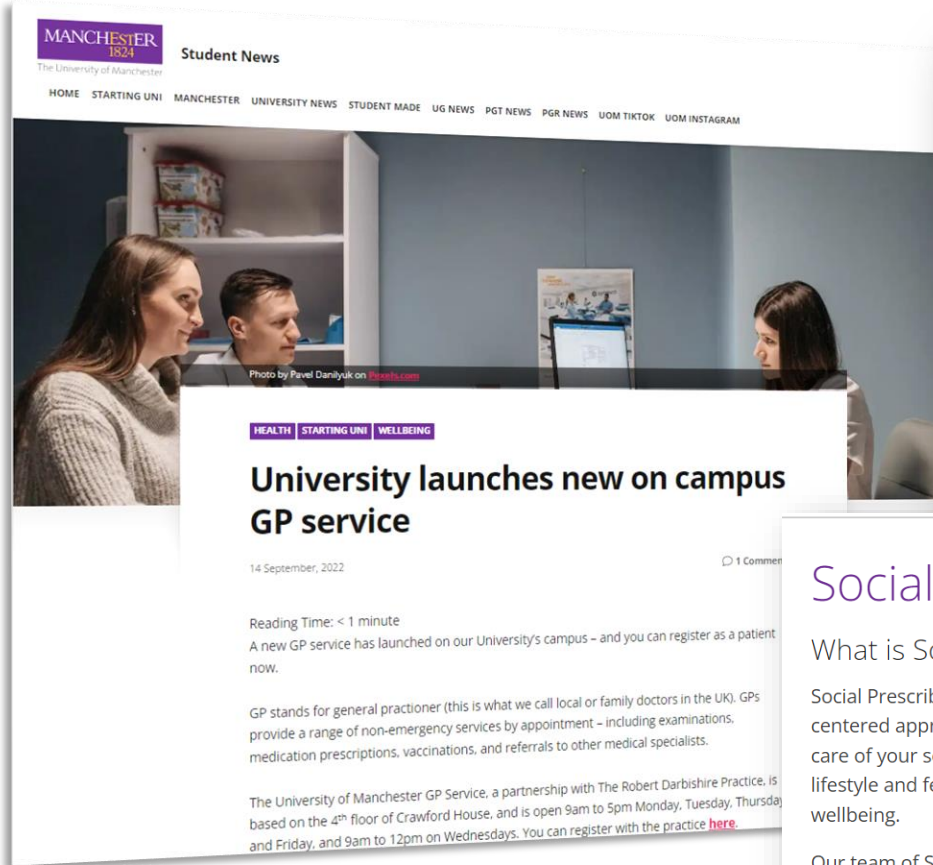
[More updates](#)

About
More about the Student Experience Programme

New structures

Student Hubs

Step three example: Provision of specialist teams



ADVICE

How can we help?

Here to support you with any questions, worries or concerns you might have, our dedicated student advisors are great listeners and their advice is always free, impartial and confidential.

- ABOUT ADVICE CENTRE
>
- COST OF LIVING
>
- ACADEMIC
✓
- FINANCE
✓
- HEALTH AND WELLBEING
✓
- HOUSING
✓
- OPENING HOURS / CONTACT US
>
- SUPPORT SERVICES
>
- SUPPORT OVER THE EXAM SEASON
>

Social Prescribing

What is Social Prescribing?

Social Prescribing is a non-clinical intervention that takes a holistic, person centered approach to health and wellbeing. We understand that taking care of your self at university can be difficult, and that factors such as your lifestyle and feelings of social connectedness can contribute to good wellbeing.

Our team of Social Prescribers can support you to identify your individual needs and goals. We can connect you to groups and activities at university and beyond that can help you to improve your mood. We offer up to 6 sessions with a Social Prescriber, who will support you to engage in these activities and to take care of yourself.

What can social prescribing help with?

- Meeting new people and feeling more connected at university
- Being more active and leading a healthier lifestyle
- Finding a sense of purpose

Summer Wellbeing Programme

A 6 week programme of activities designed to support you with your wellbeing and help you connect with other students.

Activities include yoga, gardening and art.

6 week programme starts Wednesday 21st June 1 pm to 3 pm

Practitioner referral only.

Step four example: Specialist interventions in response to a crisis

Advice and Response



The Advice and Response Service provide holistic, trauma-informed support to students who have experienced any form of gender-based violence, harassment or hate.

The team is made up of specialist caseworkers who provide confidential, practical, and emotional support to students.

Support available

We support students with any the following issues:

- Sexual assault
- Sexual harassment
- Domestic violence
- So-called 'Honour'-based violence
- Stalking
- Harassment
- Hate crime
- Hate incidents
- Spiking



Step four example: Specialist interventions in response to a crisis

Help in a Crisis Get Help Worried about someone? Self Help Workshops Social Prescribing Staff Support
Training for Staff



Your Workshops This Week



Self refer to these workshops:

Busting Low Mood Behaviour
Managing Anxiety: Overview
Calm Your Brain

Find out more

Get Support

IMPORTANT: The **Counselling & Mental Health Service** will be offering a reduced service on **TUESDAY 13th June** due to a Staff Development Day. We apologise for any inconvenience. We are however available to take calls if you require more immediate and urgent support. Call 0161 2752864 or email

counselling.service@manchester.ac.uk

The Counselling & Mental Health Service works in partnership with other support services within the university. Unsure what support you need? Click here: [Student Support](#)

The **Counselling & Mental Health Service** offer a range of workshops, groups, 1-1 appointments and other resources to help you. For more information and to book an appointment click here: [Get Help](#)



Step five example: Greater Manchester Universities Student Mental Health Service



RNCM



Greater Manchester
Mental Health
NHS Foundation Trust

GMCA GREATER
MANCHESTER
COMBINED
AUTHORITY

Step five example: Greater Manchester Universities Student Mental Health Service



- Emphasises prevention and a mental health resilience model
- Improves access to assessment and treatment for students with severe mental illness
- Integrates existing good practice with new provision
- Creates a uniform screening and assessment process
- Establishes a clear referral criteria
- Facilitates co-working
- Provides clinically effective treatment and facilitates planned discharge

Step five example: Greater Manchester Universities Student Mental Health Service



- Stand alone team (6 senior case managers, 5 psychologists, 3 Mental Health Practitioners)
- Management/clinical leadership (team manager, consultant clinical psychologist, consultant psychiatrist)
- Not a duplicate of existing services (in-house university services, community mental health teams etc.)
- Referrals only via university mental health/counselling/wellbeing services
- Offer assessment & intervention (consultation to mental health and wellbeing services)
- Interventions (psychiatry, case management, groups, individual psychological therapy)

MANCHESTER
1824

The University of Manchester

Questions and Follow Up

Thank you for listening

Dr. Simon Merrywest
Director for the Student Experience
(simon.merrywest@manchester.ac.uk)