

Mental Health and Well Being

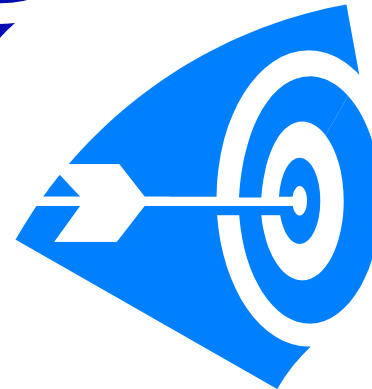
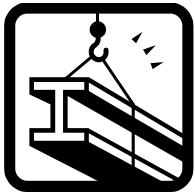
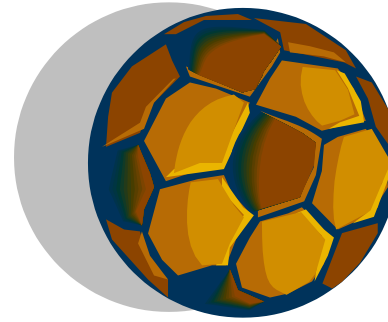
Health Promoting Universities Conference 19th June 2012

Presented by Phil Scarffe

Mental Health Coordinator, Nottingham Trent University (NTU)

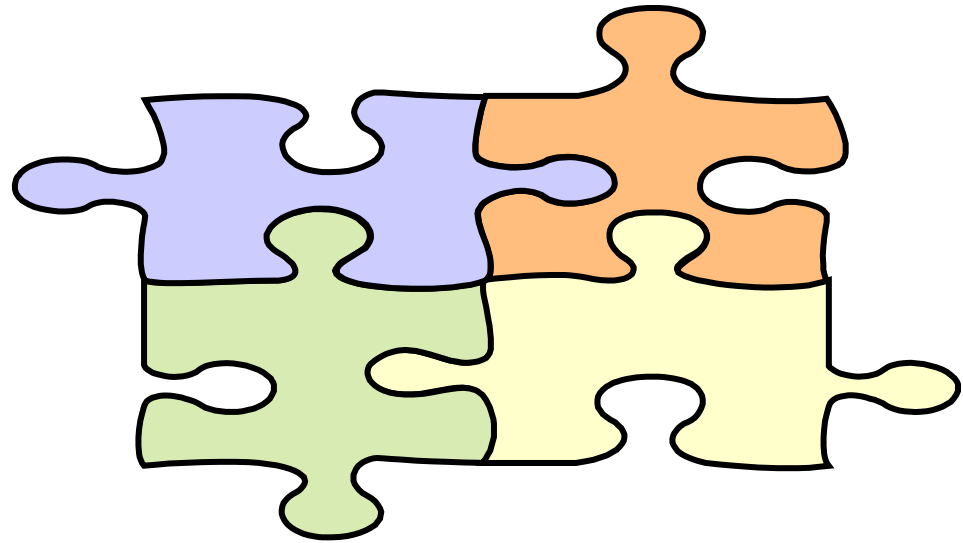
Chair of UMHAN (University Mental Health Advisors Network)

What is Mental Health Promotion?



It's More than...

- promoting access to treatment
- getting people to change so they 'fit in' / are more acceptable to others
- getting other people to change their discriminatory attitudes
- stalls, and head massages
- just theoretical



World Health Organisation Definition of Health

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.



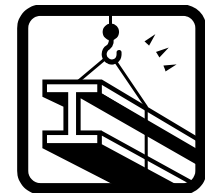
Mental Health as a Public Health Concern

- It is about a whole university / systems approach (**and beyond...**)
- It includes Anticipatory and Reactionary adjustments required by the Equality Act
- It includes cultural changes aimed at promoting the inclusion of people with protected characteristics (with particular attention to MHD's)



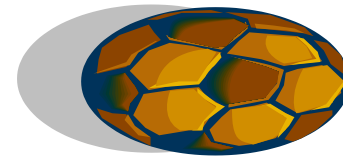
Mental Health Promotion includes all activities which are designed to...

- Provide helpful and accessible information
- Promote inclusion (N.B. not just about people with MHD's)
- Make healthy choices easy choices
- Facilitate more positive outcomes for traditionally 'hard to reach' groups
- Identify and change practices which are non-inclusive or create unnecessary stresses / barriers
- A healthy approach to mental health can not be solely about private individuals going and discussing their inner most concerns in secret with a designated 'expert'
- Etc...



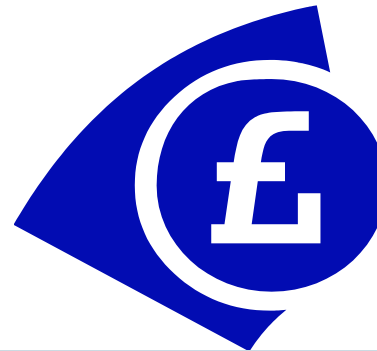
Exercise / Health Living

- Mental Health Advisor with Sports Disability Officer on developing accessible exercise with mental health focus (Nottingham University)
- Gym Buddy Scheme (Nottingham University)
- Mental Health Advisor running Badminton groups for students with psychosis and female group of students with Personality Disorders (Birmingham University)
- Fruit and Veg stalls on campus (NTU)
- Welcome Week – including non-alcohol related activities (NTU)
- Exercise Referral Scheme (NTU)
- Self Help Book Scheme (NTU) Books on Prescription (Nottingham University)



Rights and Finance

- Promoting disclosure and increasing uptake of DSA (Equality Challenge Unit, HEFCE funded project)
- Work with Student Finance England on increasing understanding of mental health, and creating clarity around medical evidence required for DSA (UMHAN)
- Access to Learning Funds / Summer Vacation Funds for students who will find combining work and study difficult (NTU)
- Information on the Equality Act as it applies to students with MHD's leaflet (NTU)



Challenging Stigma



- What will I tell my Friend Resource (NTU)
- National annual Student Mental Health Day (UMHAN, Warwick University, and other participating HEI's)
- Student Groups (e.g. Mental Wealth UK)
- Queer Café (NTU SU) – note the high incidence of suicide / attempted suicide in LGBT communities
- Challenging Stigma campaign / Time to Change Pledges (Northampton University)

Promoting Inclusion

- **Well aHead Project** – aims to encourage people with mental health difficulties to consider studying and prepare them for the challenge (NTU)
- **UMHAN activities** / website www.umhan.com



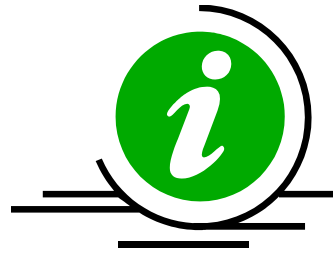
- Mental Health 1st Aid training for staff (Leeds Trinity, UEA)
- Multi Faith provision (UCL)

Access is a key issue!

- Legal requirement that when a course is accredited the potential needs of student with MHD's considered as per legal requirements? (awaiting example...)
- Course teams demonstrating their compliance with the anticipatory adjustments required by the Equality Act? (awaiting example...)
- Reactive adjustments need to be consistent across a university, not based on individual attitudes / course culture? (awaiting example...)
- Meeting the obligations of the Equality Act in terms of assessment design and review (Sociology course at NTU)
- Creating accessible Curricula (awaiting example...)
- **Inclusive approaches are better than providing alternatives**

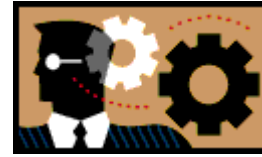


Useful websites



- www.umhan.com University Mental Health Advisors Website
- <http://www.healthyuniversities.ac.uk/toolkit/guidance-package-subsite.php?subSite=6> HPU guidance
- <http://www.mhhe.heacademy.ac.uk/themes/about-themes/student-mental-health-/> Mental Health in Higher Education website, collated resources
- http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_126386.pdf The economic case, DOH
- <http://www.ceimh.bham.ac.uk/documents/guidance-promoting-mental-health-wellbeing-final.pdf> Birmingham University Guidance
- www.mhhe.heacademy.ac.uk/silo/files/uuk-student-mh-guidelines.doc UUK /Guild HE guidance on mental health promotion

Things to think about?



- What do you / your institution do which could be described as mental health promoting?
- What else could you / your institution do?
- How well do you / your institution consider access issues for students with mental health difficulties?
- Why would a student declare a MHD at your institution?
- Do your senior management team recognise the huge business potential in addressing mental health appropriately?
- Do Student Unions promote positive mental health?
- What is the culture of your institution? – are some course described as 'stressful', what is the culture around exams?