

Mental Health and Wellbeing

Nottingham Trent University

Alison Bromberg – Wellbeing Manager

Paul Dodsley – Student Health Development Officer

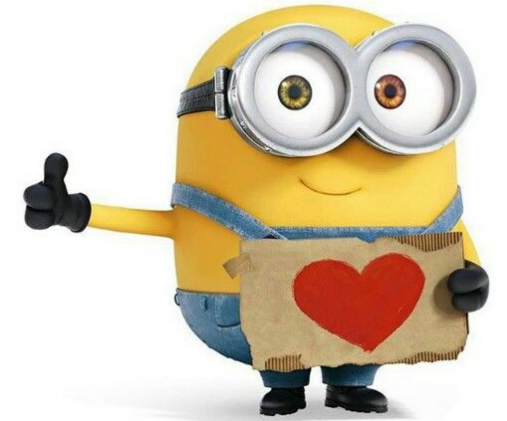
Our Approach

- Health Promotion
- Wellbeing Services Single Point of Access
- Student Union
- Student Minds
- NHS :strategic, delivery, developments
- University wide approaches



Health Promotion

- Multi Component Approach



Wellbeing Services Single Point of Access



Wellbeing Services

Single Point of Access

- www.ntu.ac.uk/wellbeing
- On line portal
- Stepped approach including Silver Cloud/extensive self-help
- I want help/I'm worried about some-one- automated risk message
- Screened for risk : personal/academic including use of analytics
- First Contact within 2 working days- phone/email
- Signposting/appointment offer
- Face to face/telephone appointment
- Service offer/external referral/academic liaison

University-Student Union and NTU Sport Collaboration

- SOS
- Student Health and Wellbeing Week
- Wellbeing Society
- SAS



Student Minds

- Look after your mates
- UPP project
- Student Mind Peer Support Group



**student
minds**

NOTTINGHAM
TRENT UNIVERSITY 

NHS

- Joint Strategic Needs Assessment –Student population
- Liaison with Commissioners
- Member of key strategic groups
- NHS partners deliver services on site
- Development work with Nottingham Recovery College



University Wide Approaches

- Learning Analytics
- University Policies –NEC/Fitness to Study
- Mental Health First Aid Training
- Bespoke Training and consultancy
- Welcome week and induction activities

