



Mental Health and Wellbeing Support for Students

Paddy Corscadden

Head of Student Wellbeing Service



UoE Student Mental Health Strategy

- Good mental health and wellbeing crucial for students' academic success
- “Our vision is for the University of Edinburgh to be an environment which enables and supports our students to flourish”
- **Early intervention/ prevention:** the University is recognised as a community that promotes the good mental health of its students and treats all students with respect and empathy
- **Support:** students who experience mental health difficulties at the University of Edinburgh are well supported





Key messages

- **We all have mental health and wellbeing**
- Being a student can be extremely rewarding, but also tough at times
- Our mental health can fluctuate- good days and bad days
- There are resources and services in place to help (within University, and also NHS)
- We want to do as much as we can to support Students to study and enjoy University life
- [Register with a local General Practitioner](#) (NHS care is free and confidential for University students)





How we can help- hybrid model

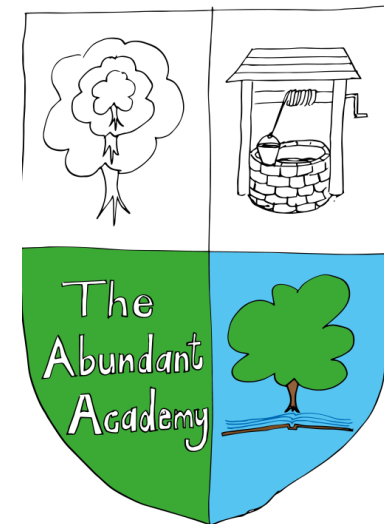
- Supervisors/ student advisor teams/ academic support (school based)
- Building community within Programmes/ Institutes/ Deaneries/ Schools- “A Sense of Belonging”
- Self-management resources online:
 - Feeling Good app & Togetherall
 - Silvercloud: on-line cognitive behavioural therapy
- [Advice Place](#), student societies, peer support
- [Sport & Exercise](#)- Pleasance Gym & other sports/ wellbeing resources
- [Student Wellbeing Service](#)
- Equally Safe Team- tackling gender-based violence ([Report and Support](#))
- [Residence Life](#)
- [Chaplaincy](#)
- [Student Counselling Service](#)
- [Disability and Learning Support Service](#)





Chaplaincy (Email chaplaincy@ed.ac.uk for information)

- Listening Service (24 hours) is offered by email, phone, or video call (as well as in-person at Bristo Square) Listening.Service@ed.ac.uk (OOH via Security)
- All courses and spiritual practices, <https://www.ed.ac.uk/chaplaincy/events>
- All Mindfulness courses and drop-ins
<https://www.ed.ac.uk/chaplaincy/mindfulness>
- The weekly blogs begun in the pandemic are continuing
<https://www.ed.ac.uk/chaplaincy/blogs-podcasts-and-reflections>
- Student religion, belief, social-justice and creative societies are being supported digitally, <https://www.ed.ac.uk/chaplaincy/societies-groups>
- [Abundant Academy](#) Replenish is the first course within the Programme, and is made up of 5x2 hour sessions fortnightly
- [PhD BookClub](#)





Student Counselling Service- delivering blended counselling

Counselling is available face to face, by video (MS Teams), by telephone or by email, depending on a student's needs.





More SCS information

- Evening counselling appointments available Mon to Thurs (all online/ phone)
- Engaging with third party provider to deliver counselling at busy points of the year
- Skills for Life and Learning presentations online and in person [Skills for Life and Learning | The University of Edinburgh](#)
- Introduction of a new '[same day appointment](#)' service for brief consultation with a counsellor





We work across multiple University sites

Health and Wellbeing Centre (Bristo Square) and Murchison House (King's Buildings)





Disability and Learning Support Service

- Access and inclusion:
 - for students with protected characteristics (Equality Act 2010)
- Disability Advisors
- Specialist tutors (Mental Health, SpLD, Asperger's and Autism)
- Proof-readers, library assistants, scribes
- Assistive technology and software
- Learning adjustments:
 - Viva adjustments (e.g. in different location, online)
 - Support with study techniques and planning





Student Wellbeing Service

- Wellbeing advisers integrated into academic schools/ deaneries
- Works collaboratively with colleagues across the University to provide proactive and reactive wellbeing support for students.
- Preventative work for all students and specialised support for students who have more complex needs.
- Short-term case management model.
- Wellbeing adviser can help if students are experiencing wellbeing-related issues that are affecting health, wellbeing, studies or personal life.
- Wellbeing Advisers can provide advice and guidance, and will also be able to discuss and link you up with our other University services, as well as signposting to external support agencies (e.g. NHS).



Questions and comments

