STUDENT MENTAL WELLBEING: CHALLENGES AND GUIDANCE

Géraldine Dufour

Therapeutic Consultations

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STUDENT MENTAL WELLBEING

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KEY CHALLENGES

GUIDANCE

EVIDENCE-BASE

CONTEXT IS CHALLENGING

Growing demand for services
Lack of definition wellbeing/mental health
Impact of covid
Impact on university experience, mental health and finances

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DIFFERENT FRAMEWORKS

University Mental Health Charter

Together for thriving futures

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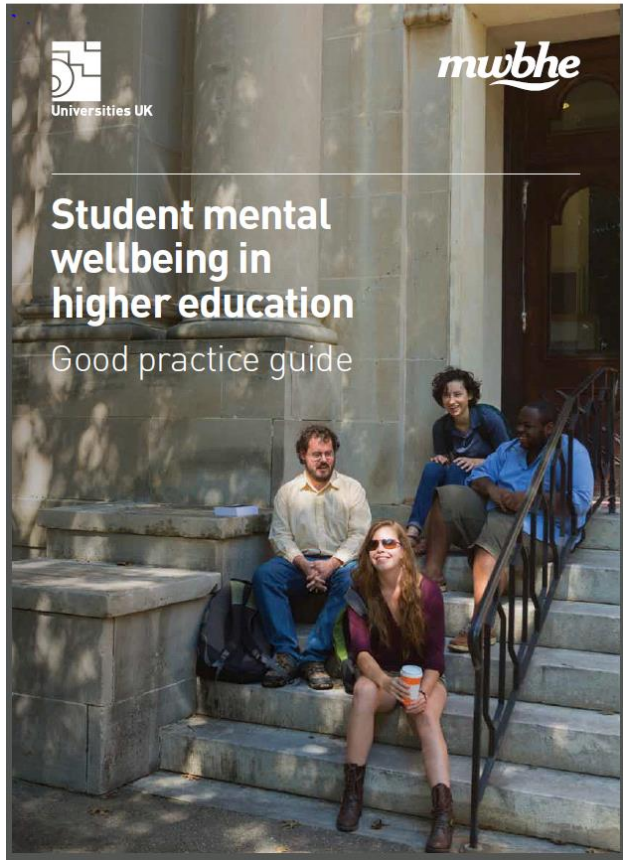
TARGETED GUIDANCE



Mental Wellbeing in Higher Education Expert Group at Advance HE

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ROYAL COLLEGE PSYCHIATRIST REPORT MAY 2021

1. NHS mental health services should provide parity of access for the student population
2. NHS mental health services should provide continuity of care for the student population
3. Mental health policy in HEIs
4. Integration of services
5. Resource allocation
6. Improve communication with families – think student, think family!
7. Research
8. Covid 19

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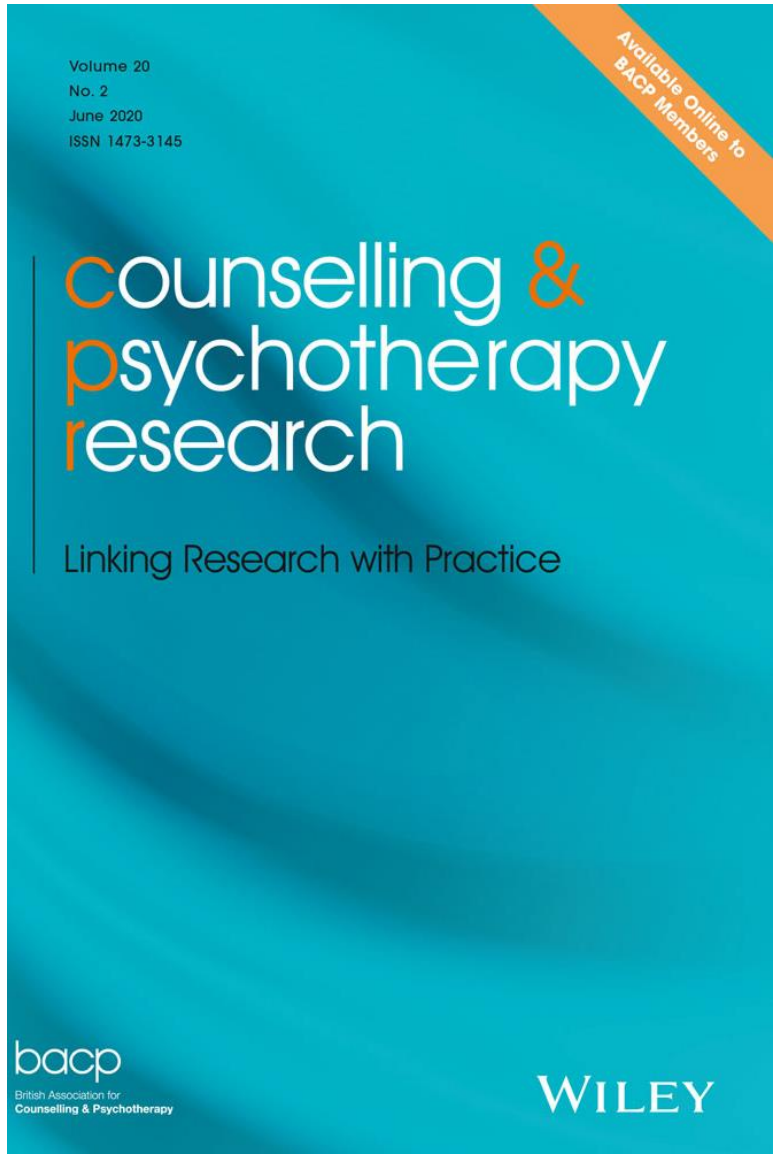
EVIDENCE-BASE FOR INTERVENTIONS

Increases in demand for counselling and mental health support

Dufour (2020) "services need to be able to demonstrate the effectiveness and impact of the interventions they deliver"

Alan (2019) *'There are increasing demands from funders for all health professions to justify that what they are doing is effective and cost-efficient'*



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USE RESEARCH TO DEVELOP EVIDENCE

Demonstrating effectiveness in practice

Student Counselling outcome Research and Evaluation (SCORE)

E-LEARNING PACKAGE – FOR STAFF

Charlie Waller Memorial Trust

Raising awareness

CWMT

fighting depression

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- Broglia, E., Gemma, R, Williams, C., Fudge, M., Knowles, L., Turner, A., Dufour, G., Percy, A., & Barkham, M (2021). Profiling student mental health and counselling effectiveness: lessons from four UK services using complete data and different outcome measures, British Journal of Guidance & Counselling, 10.1080/03069885.2020.1860191, 1-19.
- Dufour G. Current challenges in student mental health and counselling provision: How practice-based research can help demonstrate effectiveness. *Couns Psychother Res*. 2020;00:1–6. https://doi.org/10.1002/
- Galante, J., Dufour, G., et al. (2017) Effectiveness of providing a mindfulness-based intervention to increase resilience to stress in university students: a pragmatic randomised controlled trial. Lancet Public Health

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LINKS

- https://www.geraldinedufour.com/expertsupport
- https://www.theguardian.com/society/2019/sep/27/anxiety-mental-breakdowns-depression-uk-students
- http://www.scoreconsortium.group.shef.ac.uk/
- https://universitymentalhealthcharter.org.uk/
- https://www.universitiesuk.ac.uk/policy-and-analysis/Pages/student-and-staff-health-and-wellbeing.aspx
- https://www.advance-he.ac.uk/guidance/teaching-and-learning/mental-wellbeing-higher-education/mental-wellbeing-higher-education-expert-group-mwbhe
- https://www.rcpsych.ac.uk/improving-care/campaigning-for-better-mental-health-policy/college-reports/2021-college-reports/mental-health-of-higher-education-students(CR231)
- http://learning.cwmt.org.uk/

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