Mental Health Webinar

Kara Holloway, Student Mental Health Project Co-ordinator, Keele University
Start to Success
EAUC: Mental Health Webinar
OfS Challenge Competition

The Challenge Competition was a major collaborative programme launched by the OfS to find innovative ways to combat a sharp rise in student mental health issues and spark a step-change in student support across the country.

Bids were considered from 48 lead institutions with 10 collaborative projects successfully awarded funding. The 10 projects involve 67 partners.

The OfS has awarded £6 million, with co-funding of £8.5 million, amounting to a total of £14.5 million investment across projects.
Overview of Start to Success

A regional partnership led by Keele & Staffordshire University has been awarded £750,000 from the Office for Students (OfS) to develop an integrated community approach to mental health and wellbeing for students in further and higher education, in collaboration with Staffordshire University, as part of a £2.2 million project.
Whole community approach
Three key priority areas:

- Student transitions
- Early intervention
- Step change in support
Student Transitions

• Improved transition into and through university for students, especially those who may be vulnerable to mental ill health

• Workstreams within this theme:
  • Working with FE partners to support the transition from FE to HE
  • Specific support for FY students
  • Specific support for PG students
  • Staff training
Early Intervention

• Developing and implementing interventions to support student mental health and wellbeing

• Workstreams within this theme:
  • Lifestyle coaching tools for staff
  • Active wellbeing interventions
  • Support for students withdrawing/taking a break in studies
  • Student engagement monitoring project
  • Integrating support services into automated bot technology
  • Improved signposting & self-help resources
Step Change in Support

• Development of new and innovative approaches to needs assessment and referral pathways

• Workstreams within this theme
  • Improving pathways into and out of NHS services for crisis and routine situations
  • Provision of out of hours support for students
  • Suicide prevention initiatives
Other Project Work Streams

• Data collection
• Student Advisory Panel
• Wellbeing Ambassadors
Regional Mental Health Campaign

A regional student mental health campaign is being developed which will focus on three key themes

• Reducing isolation
• Reducing stigma
• Self help
Thank you for listening

Contact me on
info.starttosuccess@keele.ac.uk

Or find out more at
www.starttosuccess.co.uk