Student Wellbeing

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Contents

• My role
• Current support pathways
• Mental health
• Preventing sexual violence
• Other positive developments
My role

• Case management
• Operational
• Strategic focus areas

1 in 4 people every year are affected by mental ill health
Current support pathways

- Student support, supervisors and personal tutors
- Self-management resources online:
  - Feeling Good app
- Advice Place, student societies- peer support
- Residence Life
- Chaplaincy
- Student Counselling Service
- Student Disability Service
UoE Student Mental Health Strategy

Aims and objectives:
• Promote good mental health for students
• Support students well
• Enable all students to flourish
Mental health

- Mental health promotion - prevention - stigma
- Key messages for student journey
- “5 ways to wellbeing”
- Mental health training
- Managing demand on services
- Links and pathways with NHS
- Helping Distressed Students Guide
- Comms - incl suicide prevention
- Mental Health and Wellbeing Week
Preventing sexual violence

- Taskforce
- Equally Safe in Higher Education Toolkit
- Training programme - the Consent Collective & Bystander Approach
- On-line training - Responding to Disclosures of Sexual Violence (on Learn)
- GBV support information cards
- Guidance and support for staff
- Comms campaign refresh

There's #NoExcuse for sexual harassment.
#NoExcuse

“She's asking for it.”

An offhand remark, or justifying harassment and assault?

Find out more about what you can do to tackle sexual harassment at eusa.ed.ac.uk/noexcuse

#NoExcuse
Other positive developments

• Free access to sanitary products
• Big White Wall
• Student Partnership Agreement- small grant funding- innovation (staff & student engagement)
• Skills for Life and Learning
• Map of mental health services
• SEP- student support
• Wellbeing Centre
Wellbeing Centre
Questions and comments

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