

**Bangor University is committed to the provision of positive support for all of its students. The overall aims of this Student Mental Health Strategy are:**

**To create an inclusive environment that promotes mental well-being among its students.**

**To support students experiencing mental health difficulties in order to help them to have a positive and productive student experience.**

*There are three main strands in this strategy:*

***Supporting Students with Mental Health Difficulties, Promoting Mental Well-being and Supporting Staff***

<b>Objectives</b>	<b>Actions</b>
<b><i>Supporting Students with Mental Health Difficulties</i></b>	Provide a system of support throughout the university, with which students can engage at a chosen level and which, helps a student reach appropriate support and assessment.
1. <b>Delivering a framework of support that is accessible and relevant to current students</b>	1.1 Continue a commitment to good practice in the provision of services for those experiencing mental health difficulties, so that provision meets demand. 1.2 Provide adequate and appropriate advertising of services in accessible and student friendly media. 1.3 Consider differing needs and expectations of various student groups, e.g International students, BME groups, faith groups, mature students - and plan resources and services accordingly. 1.4 Consider the needs of students at periods of transition, for example during arrival and when leaving University, over vacation periods, and whilst on placements 1.5 Encourage a culture of shared responsibility between staff and students in the development of individual support plans, processes linked with fitness to study, and admissions procedures.
2. <b>Collecting data and eliciting feedback to improve student experience</b>	2.1 Develop audit, evaluation and feedback tools. Within the limits of confidentiality and data protection, share such data between services to inform future service policy and provision. 2.2 Audit and research the mental health of students, and service/ treatment outcomes using both qualitative and quantitative methods.
3. <b>Improving links with external agencies</b>	3.1 Staff within Counselling & Disability Services to promote and maintain contact with external service providers over individual student cases. 3.2 Service managers and senior staff to promote strategic engagement with senior health care managers. 3.3 Links with local agencies offering support for specific issues to be developed and maintained within formal and informal protocols and settings 3.4 Representation of NHS mental health staff on SMHSG 3.5 In conjunction with external agencies develop referral and communication protocols 3.6 Consider the development of 'shared care plans' and/ or 'stepped care' approaches for students who use University and external mental health services.
4. <b>Promoting Mental Well-being</b>	Continue with a holistic approach to mental well-being:

	<b>Creating an inclusive environment that promotes mental well-being among its students</b>	4.1 4.2 4.3 4.4 4.5 4.6 4.7	Provide information for all students on well-being through web based information, well-being promotions, and provision of pre-entry information. Encourage a model of well-being inherent in all the university literature. Continue to promote emotional literacy and well-being through e.g. Counselling Service's web-based resources, and its provision of groups and workshops. Facilitate social well-being through e.g. the promotion of student-led activity and student ownership of social events Easy access for all to sports and leisure facilities. Continue to provide spiritual provision through the Faith Centre. Consider differing needs and expectations of various student groups (see 1.4 above.) Support and review the 'Time to Change' pledge led by the Students' Union.
5.	<b>Building awareness</b>	5.1 5.2 5.3	Student Services to continue to provide induction talks to new students on transition to University life Provide mental health promotion to the student population Raise awareness of related issues that affect mental well being, such as sexual health issues and alcohol/substance misuse.
6.	<b>Developing a non-discriminatory ethos</b>	6.1	Ensure all students are included and enabled to participate on an equal basis in all aspects of the academic and social life of the institution
7.	<b><i>Supporting Staff Protocols for dealing with crises and risk</i></b>	7.1	Continue to promote and disseminate information to staff on procedures for dealing with mental health crises.
8.	<b>Training for staff</b>	8.1 8.2 8.3 8.4	Develop confidence, knowledge and skills in all staff to assist them when dealing with student mental health difficulties/crises. Continue to utilise Mental Health Advisers and Duty Counsellors to provide advice, guidance and support to staff working with students with mental health difficulties Ensure that academic and other support staff are aware of the available support and have a clear policy of referral procedures. Work towards a partnership with a consultant psychiatrist.