

Higher Education Perspectives: Student Programmes

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Introduction

➤ Background

- Final-year BSc Psychology undergraduate
- University Counselling Service Liaison for Mental Health Matters society
- Lived experience of mental ill-health

➤ What am I going to talk about?

- Personal experience
- Mental Health Matters society

Personal Experience

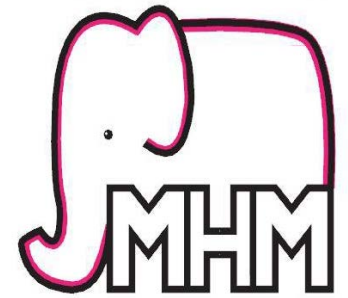
➤ Treatment thresholds

- Reductionist approach (?) – *the fixation on weight*
- Reaching crisis to receive treatment
- Re-accessing support

➤ Transition from CAMHS to adult mental health services

- The 'in-between'
 - 16 – 25 service

Mental Health Matters Society



- **Run by a group of student volunteers**
 - 13 committee members across all undergraduate years, range of degree subjects
- **Affiliated with University of Sheffield Students' Union & Student Minds**
- **Shared passion for:**
 - Improving mental health support
 - Encouraging outreach
 - Raising awareness
 - Alleviating stigma

Theory Behind Practice

➤ What techniques/methods does MHM utilise?

- Campaign each semester
 - General meetings (weekly)
 - Social media
 - Events
 - ✓ Collaborative panel discussions with other student-led groups
 - ✓ External guests
 - ✓ Workshops

➤ Why these techniques?

- Rise of social media and the viral phenomenon
- Peer-to-peer engagement: *working with students, for students*

Campaign Example: #youarenotalone

➤ Objectives

- Recognize everyone experiences university differently
 - *You are not alone in experiencing 'x' [mental health difficulties, isolation, homesickness etc.]*
- Educate students on available support services
- Encourage early outreach

➤ Implementation

- Social media
- Events
 - Big White Wall
 - Living Library
 - Speak Your Mind

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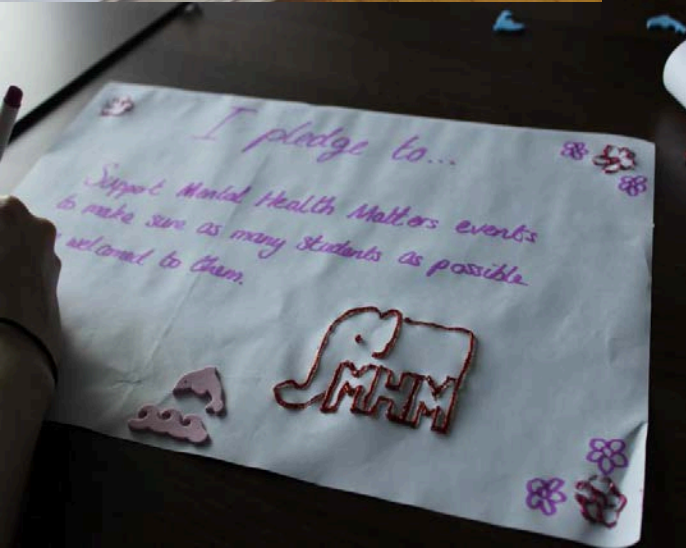


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Productivity doesn't just lie in how much you revise. Taking some time for yourself could be the most productive thing you do today. Your Mental Health Matters this exam season! Like us: www.facebook.com/mentalhealthmatterssheffield and remember Nightline are here for you from 8PM-8AM on 0114 222 8787.



Outcomes

➤ How does MHM make a difference?

- Quote from Lucy, General Liaison

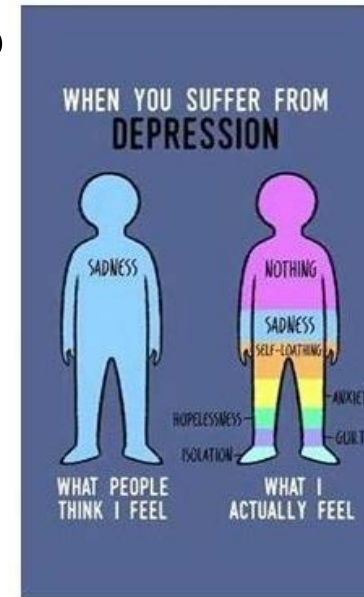
➤ Anecdotal evidence

- Social media outputs
- Increased engagement
- Recognition across campus



Mental Health Matters Society (Sheffield Union)

13 December 2015 · 🌐



124,543 people reached

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➦ Share



██████████ and 375 others

Chronological ▾

773 shares

Summary

➤ What works well?

- Engagement through discussions, workshops and events
- Strong social media platform and 'remote access' support networks

➤ What would I personally change?

- Training across all academic departments, at every UK university
 - Consistency is key!

Contact Us:

Email: mentalhealthmatters@sheffield.ac.uk

Facebook: Mental Health Matters Society (Sheffield Union)

Twitter: @shefunimhm