UNIVERSITY OF CAMBRIDGE

The Cambridge MindEd Trust Conference

Mental Illness: Prevention and responses in universities

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Key points

- **Support on a continuum**

- **Importance of embedded services**

- **Looking at prevention**

- **Supporting and furthering the mental health and wellbeing agenda at all levels of the institution**

- **Challenges**

Multi-disciplinary team

- **Support is on a continuum**

- **Using triage to deliver the most appropriate support to students**

- **Mindfulness practitioner, Counsellors, Mental health advisors, input from a Psychiatrist**

- **Working with external providers in specialist services**

Student support at Cambridge

Open Access
- College Tutors
- College Nurses
- Linkline
- Peer2Peer
- JCR/MCR Welfare Officers
- Mindfulness project UCS
- Specially tailored self-help UCS & selected websites
- Workshops UCS
- Groups CUSU
- GPs
- Self-referrals to IAPT NHS services

Specialist University and College Services
- Counselling/CBT UCS
- Mental Health Adisors UCS
- Specialist Groups UCS
- Psychiatrist UCS
- DRC Advisers & Non-Medical Assistants
- College Counsellors and Advisors
- Community Services

Specialist External Service
- NHS Mental Health Services
- Eating Disorder Services
- Specialist Services (eg Early intervention or Eating disorder services)

Impact of embedded counselling services (Wallace: 2014)

Figure 1 Broader impact of embedded counselling provision in FE/HE

SOCIETY

INSTITUTION

GROUP

INDIVIDUAL
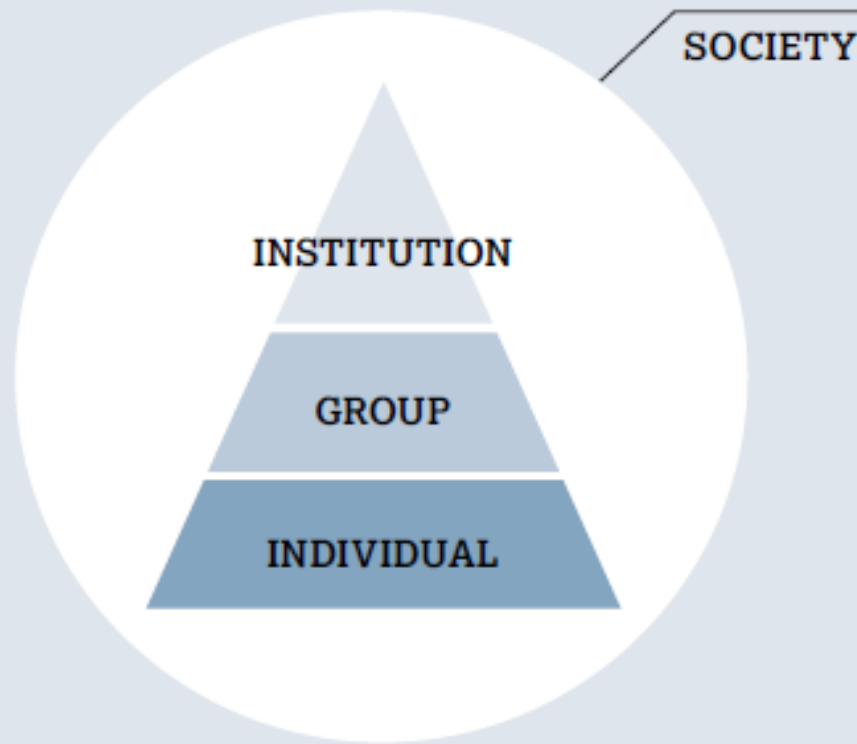
Support might range from:

- **Using selected self-help resources.**

- **Accessing student-led support or mindfulness course.**

- **Attending a guided CBT self-help group at the UCS.**

- **Coming to one of our workshops or groups.**

- **Attending a consultation with a counsellor, CBT therapist or mental health advisor**

Self Help resources at the UCS

- **Extensive online resources**

- **Selected website**

- **Recommended books**

- **Online CBT modules**

- **Comprehensive series of leaflets**

Mindfulness @ Cam

Supporting and furthering the mental health and wellbeing agenda at all levels of the institution

- **Wellbeing strategy**

- **Structured inductions**

- **Student workloads**

- **Exam timetable**

Training for staff

- **Boundaries and boomerang**

- **Tutor's training**

- **Supporting students with mental health issues**

Challenges

- Limited resources NHS create a bottle neck

- Long waiting lists

- High clinical thresholds

Wellbeing: thinking holistically

- **A strong professional welfare support system**

- **Developing resilience**

- **Groups and workshops at the counselling service**

- **Learning to cope with failure, managing conflicting demands**

- **Target specific groups: Students with Aspergers, LGBT**

Questions and discussion

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