Fact sheet

<u>**General information**</u>

UCL provides the following as part of its overall mental health support provision for students:

• Psychological and emotional therapeutic support
• Psychiatric assessments
• Mental health advice and co-ordinators
• Mental health mentors
• Specialist support for ASC
• Out of hours telephone counselling service for all students
• Affiliation to Nightline for a peer listening service
• Affiliation to Gendered Intelligence for specialist mentoring for trans students
• SLA with Rape Crisis for specialist sexual violence advice and counselling
• Mental Health First Aid training for staff
• Suicide Prevention Training for staff
• Mental Health training for the Warden team providing pastoral support in UCL student residences

Self-help library – containing books, CD's and leaflets on how to deal with common student difficulties such as stress, low mood, confidence building, procrastination, etc

There is a range of mental health support on offer to UCL students.
Student Support and Wellbeing have mental health advisors who offer students practical advice and support. This is offered on a face to face basis.
Student Psychological Services has psycho-dynamic counsellors, cognitive behavioural therapists and psychiatrists who offer students time-limited counselling, cognitive behavioural therapy (CBT) and psychiatric support. This can take place on a one-to-one or group basis.

Care First, has brief solution focused therapists who offer telephone and on-line counselling out of office hours, at weekends and during college closures.

Through its Student Services and Wellbeing (SSW) service UCL offer students information and advice on managing any personal or mental health difficulties impacting on their ability to study. As part of SSW, Student Psychological Services (SPS) provides short-term counselling, cognitive behavioural therapy, psychiatric support and psycho-educational groups to help you deal with a range of personal, emotional and psychological concerns.

While UCL does not offer acute or crisis support and is not a healthcare provider, students who present themselves as suffering acute psychological distress or in crisis are treated as 'high risk'. High risk can mean that there is a suicidal risk or an academic risk, or perhaps both.

Suicidal risk. Those high risk students who have indicated on their registration form that they are at risk of committing suicide are contacted the same day to let them know what immediate support is available. This support usually takes three forms:

> - signposting to UCLH's Accident and Emergency service where they can see a duty psychiatrist;

- signposting to a GP practice where they can see a doctor at one of their two daily drop-in appointments;
- a referral to the local Samaritans where they can talk to a trained volunteer who is experienced in working with suicidal feelings.

After a high risk student has been seen by a duty psychiatrist or GP and their immediate suicidal risk has been assessed, they may be prescribed medication, offered specialist NHS treatment or an appointment at SPS. This is often the reason why there is a gap of several weeks between registration with SPS and their first counselling appointment.

Academic risk. Those high risk students who have indicated on their registration form that they are at risk of dropping out of UCL or interrupting their studies are also contacted the day they register with us to let them know what additional support is available for them. This support usually takes three forms:

- Signposting to the disability service to see what practical support they can access
- A recommendation that they discuss their academic options with their tutor
- An appointment with a trained member of staff in SPS

Regarding accommodation providers, our Director of SSW is responsible for the Warden teams providing pastoral support in UCL student accommodation. We work with non-UCL providers as and when required to support individual cases. However, the Director of SSW meets with Unite Students at the start of the year and again as and when required.