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Children and Young People's Mental Health: Improving Care, Treatment and Support

Improving student mental health

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#stepchange

MENTAL HEALTH IN HIGHER EDUCATION

Today

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Population
Response
Next steps

Student population

Student population

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STUDENTS BY LEVEL AND AGE GROUP

AGE GROUP	UNDERGRADUATE	POSTGRADUATE	TOTAL
20 and under	926,145	2,465	928,610
21-24	440,190	175,645	615,830
25-29	124,965	133,390	258,360
30-59	242,705	216,070	458,775
60 and over	13,735	5,295	19,030
Age unknown	120	105	225
Total	1,747,855	532,975	2,280,830

Staff population

Manchester student population

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Level of study

Mode of Study

Sex

Domicile

Manchester student population

Disclosure

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There are five times as many HE students in the UK to have disclosed a mental health condition than was the case ten years ago

All UK-domiciled students with a disclosed mental health condition (such as depression, schizophrenia or anxiety) at higher education institutions (split by full-time/part-time; undergraduate/postgraduate) (UK) (2006/07–2015/16)

Source: IPPR analysis of Higher Education Statistics Agency data (2017b)

Female students are now significantly more likely than male students to disclose a mental health condition to their HEI

The proportion of all UK-domiciled first-year students who have disclosed a mental health condition (such as depression, schizophrenia or anxiety) at higher education institutions (split by sex) (UK) (2006/07–2015/16) (%)

Source: IPPR analysis of Higher Education Statistics Agency data (2017b)

Wellbeing levels

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Proportion of adults who report very high levels of four key indicators of mental wellbeing (split by age group) (October 2015 to September 2016) (UK) (%)

Year	Life satisfaction	Life worthwhile	Happiness	Low anxiety
16–19	35	34	38	41
20–24	27	31	32	39
All adults	29	35	34	40

Source: Office for National Statistics (ONS 2017b)

Proportion of students who report very high levels of four key indicators of mental wellbeing (2016–17) (UK) (%)

Year	Life satisfaction	Life worthwhile	Happiness	Low anxiety
2016	16	22	21	21
2017	14	19	19	19

Source: Student Academic Experience Survey 2017 (Neves and Hillman 2017)

Suicide

Student suicide
120
100
80
60
40
20
0
90
78
87
74
97
93
37
34
22
26
33
41
2010
2011
2012
2013
2014
2015
Male
Female

Opportunities

UUK MHHE programme

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Phase 1

- Review and build the evidence partnership with IPPR [Not by degrees]
- Develop a shared vision and business case for mental health as strategic priority.
- Develop and set out a ‘whole university approach’
- Promote the approach amongst university leaders

Whole university approach

Framework

LEADERSHIP
DATA
STAFF
PREVENTION
EARLY INTERVENTION
SUPPORT
TRANSITIONS
PARTNERSHIP

UUK MHHE programme

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Phase 2

- Implementation
- Develop guidelines for NHS organisations and universities
- Graduate MH
- Student suicide
- Green paper

Next steps

Implementation

Pilot sites: USE, Cardiff, York

Partnership with UUK and Student Minds

Evaluation of StepChange implementation

Development of MH audit for universities

Development of good practice exchange [WBWWC]

Services

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Students themselves

- Self-help
- Peer support
- Students Union

University services

- Disability services
- Student services
- Counselling services
- Mental health advisers

Wider university functions

- Living
- Learning
- Working

NHS

- Secondary care
- GP
- Other

Other

- 3rd Sector
- Local authorities

Services

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- Chaired by Paul Jenkins
- Members from across the sectors
- Three outputs:
  - To provide impactful information about the needs of the student population
  - To create a structured agenda for local conversations between care services and universities
  - To make a limited number of specific recommendations

Graduate MH

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Thriving at work: the Stevenson / Farmer review of mental health and employers [Oct 2017]

Graduate MH:

- City Mental Health Alliance
- Charlie Waller Memorial Trust
- Student Minds
- MHFA

Student suicide

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- National dataset: DH, ONS, PHE, UUK
- Student suicide postvention: UoW, UoB, Oxford, Manchester, UUK
- Suicide postvention toolkit

Green paper

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Transforming children and young people's mental health provision: a green paper [Dec 2017]

National strategic partnership 16-25 year olds

- Coordinated action, experimentation and robust evaluation:
- Leadership
- Data
- Prevention
- Awareness and early intervention
- Transitions
- Integrated support services
- Effective join-up

Green paper

EARLY YEARS
PRIMARY
SECONDARY
COLLEGE
UNIVERSITY
THE CHALLENGES OF TRANSITION
WORKPLACE

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Thank you

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