



Psychotherapy and Consultancy Ltd

Sober Help Ltd

Mental Health Works Ltd

NOEL MCDERMOTT | WE WORK WHERE YOU ARE

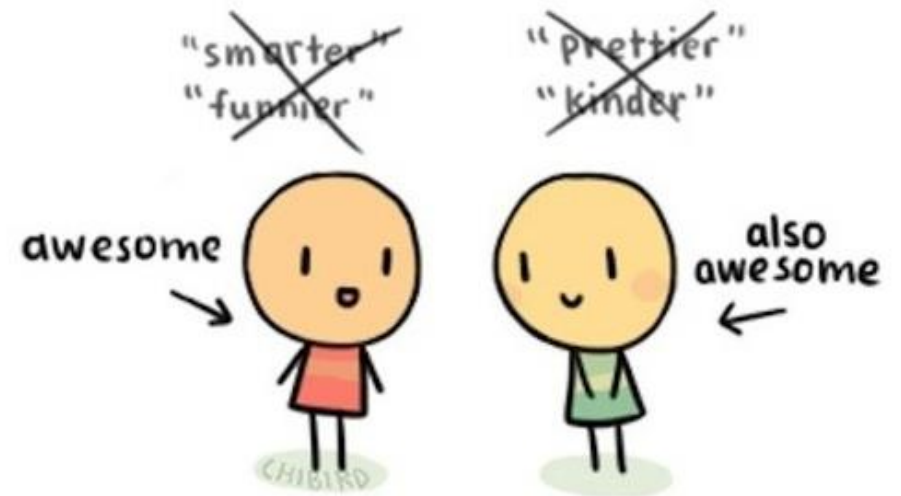
Safeguarding Students Mental Health

www.noelmcdermott.net

Safeguarding Students Mental Health

- Mental health and mental illness are social phenomenon
- Treatment of mental illness and addiction has 3 core components:
 1. Biomedical
 2. Psychological
 3. Psycho-social

stop comparing yourself to others.





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Case studies

17 years old

- Home schooled – Anorexic Type B – Care Plan
 1. Parents and family
 2. Tutors
 3. Clinical team

21 years old

- University – Addiction - Mood disorder – Care Plan
 1. Tutoring staff
 2. Fellow students
 3. Family

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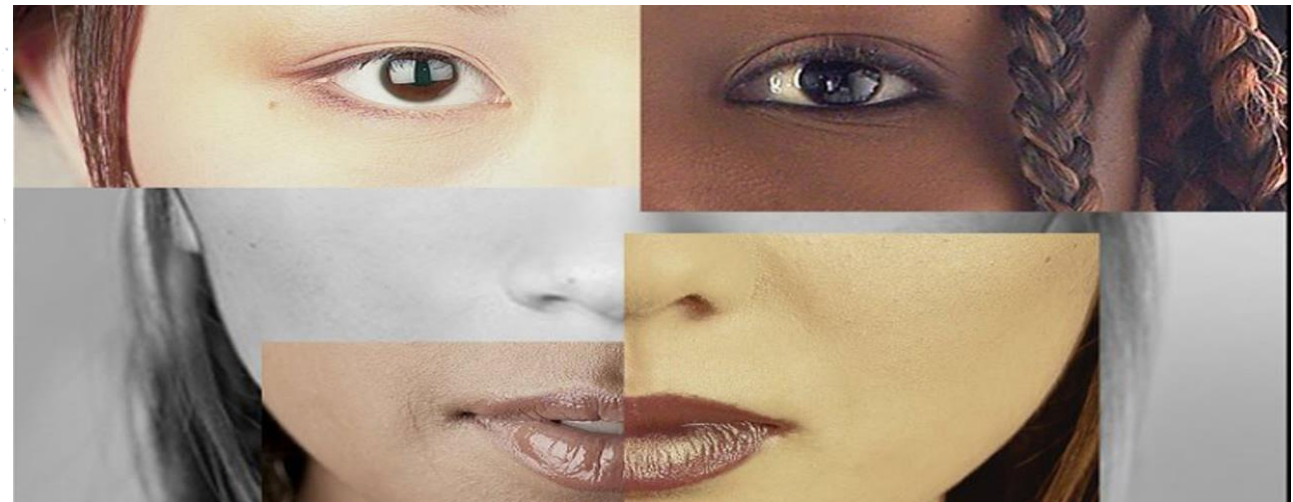
- What are relationships? (group exercise)
- Types, names, functions
- Neuroscience of relationships – frontal lobe
- Social and personal identity (diversity)
- Benefits of social bonds – emotional regulation – security – meeting basic needs – getting well
- What are the things you have that you did not do for yourselves? The benefits of being social animals (group exercise)



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Designed for Diversity

- Poly-culture versus monoculture
- Genetic diversity
- Resilience
- Neurodiversity and identity
- Diverse social groups are more healthy
- Emotional and mental health improved



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Groups as expert teachers
– AA, University

Different group, different me?
(group exercise)

