

What is meant by ‘mental health issues’?

Anyone can experience mental health and well-being difficulties. One in four of us will experience a mental health problem at some point in our lives, one in six of us will be diagnosed as having a depressive or chronic anxiety disorder, and each year more than 250,000 people are admitted to a psychiatric hospital. Mental health problems can range from mild anxiety, panic attacks, social phobia, OCD to serious depression, drug and alcohol misuse, eating disorders, bipolar-affective disorder, psychosis including schizophrenia and other disorders not listed here. The effect of mental health and well-being problems on any student may be unexpected and/or variable and can arise directly from the condition or from its treatment.

How can staff help?

- encourage students who have not already done so to contact the Disability & Well-being Service to arrange an ISSA
- set clear boundaries ie: members of staff should not give out their home telephone numbers
- listen empathetically
- make short term reasonable adjustments if appropriate
- refer on to the Disability & Well-being Service, Medical Centre or Counsellors
- when given an ISSA, please put into action the reasonable adjustments, or contact the Disability & Well-being Service to discuss