



WESTMINSTER
HIGHER EDUCATION
FORUM

Next steps for improving mental health provision at university 7th December 2017

CONDITIONS FOR USE OF TRANSCRIPTS:

This document is intended to provide a timely reference for interested parties who are unable to attend the event to which it refers. Some portions are based on transcripts of proceedings and others consist of text submitted by speakers or authors, and are clearly marked as such. As such, apart from where it is indicated that the text was supplied by the speaker, it has not been possible for the transcript to be checked by speakers and so this portion of the document does not represent a formal record of proceedings. Despite best endeavours by Westminster Forum Projects and its suppliers to ensure accuracy, text based on transcription may contain errors which could alter the intended meaning of any portion of the reported content. Anyone who intends to publicly use or refer to any text based on the transcript should make clear that speakers have not had the opportunity for any corrections, or check first with the speaker in question. If in doubt please contact the forum first.

Contents

<u>About this Publication</u>	3
<u>Agenda</u>	4
<u>Session Chair's opening remarks</u>	
Anna Mckie , Reporter, Research Fortnight (<i>transcript</i>)	6
<u>Mental health at university - the current state of provision and the next steps for developing a whole university approach to mental health support</u>	
Professor Steve West , Vice-Chancellor, President and Chief Executive Officer, University of the West of England and Chair, Universities UK Mental Health in Higher Education Working Group (<i>transcript</i>)	7
Questions and comments from the floor (<i>transcript</i>)	12
<u>Changing trends in campus mental health - improving sensitivity, addressing stigma and establishing a duty of care</u>	
Rachel King , 8S Programme Lead, Lothian Mental Health and Well-Being Team, NHS Lothian (<i>transcript</i>)	17
Alan Percy , Head of Counselling, University of Oxford and Chair, Heads of University Counselling Services (HUCS) (<i>transcript</i>)	20
Géraldine Dufour , Head of Counselling, University of Cambridge and Chair, BACP Universities and Colleges (<i>transcript</i>)	22
Rachel Piper , Policy Manager, Student Minds (<i>transcript</i>)	24
Izzy Lenga , Vice President (Welfare), NUS (<i>transcript</i>)	26
Questions and comments from the floor (<i>transcript</i>)	28
<u>Addressing complaints in student mental health - strategies for meeting increased demand for services</u>	
Anne Lee , Adjudication Manager, Office of the Independent Adjudicator for Higher Education (<i>transcript</i>)	35
Questions and comments from the floor (<i>transcript</i>)	39
<u>Session Chair's closing remarks</u>	
Anna Mckie , Reporter, Research Fortnight (<i>transcript</i>)	41
<u>Session Chair's opening remarks</u>	
Dominic Kingaby , Student Experience Team Leader, Department for Education (<i>transcript</i>)	42
<u>'What universities can do to help with improving the public's mental health'</u>	
Gregor Henderson , National Lead for Wellbeing and Mental Health, Public Health England (<i>transcript</i>)	43
Questions and comments from the floor (<i>transcript</i>)	48
<u>Treating mental health issues on campus - embedding wellbeing in curricula, using data and best practice</u>	
Professor Jo Smith , Professor of Clinical Psychology and Suicide Safer Project Lead, University of Worcester (<i>transcript</i>)	52
Dr Joan O'Mahony , Academic Lead, Retention, Higher Education Academy (<i>transcript</i>)	55
Kathleen Heycock , Partner, Farrer & Co (<i>transcript</i>)	57
Daphne Metland , Director, UniHealth (<i>transcript</i>)	60
Questions and comments from the floor (<i>transcript</i>)	62
<u>Session Chair's and Westminster Higher Education Forum closing remarks</u>	
Dominic Kingaby , Student Experience Team Leader, Department for Education (<i>transcript</i>)	67
Andy Collier , Senior Researcher, Westminster Higher Education Forum (<i>transcript</i>)	68
<u>Press Links</u>	70
<u>Comments</u>	70
<u>List of Delegates Registered for Seminar</u>	69
<u>Contributor Biographies</u>	72

Please be advised that speakers' PowerPoint presentations are included within the transcript itself, just beneath the relevant speaker's text. Please note that not all speakers are able to grant permission for us to include their slides.

About this Publication

This publication reflects proceedings at the Westminster Higher Education Forum Keynote Seminar: Next steps for improving mental health provision at university held on 7th December 2017. The views expressed in the articles are those of the named authors, not those of the Forum or the sponsors, apart from their own articles.

Although Westminster Higher Education Forum is grateful to all sponsors for the funding on which we depend, participation in events and publications is never conditional on being a sponsor. As well as funding ongoing operations, sponsorship enables the Forum to distribute complimentary copies of publications, and offer complimentary tickets for events, to Government ministers, parliamentarians and officials most involved in policy.

This publication is copyright. Its copying, in whole or in part, is not permitted without the prior written consent of the publishers. However, extracts of the text may be reproduced for academic or review purposes, subject to the conditions of use outlined in the previous page, providing they are accurate, are not used in a misleading context and the author, their organisation and the Westminster Higher Education Forum are acknowledged. We would also appreciate being informed.

Westminster Higher Education Forum

UK Headquarters
4 Bracknell Beeches
Old Bracknell Lane West
Bracknell
Berkshire RG12 7BW

T: 01344 864796

F: 01344 420121

publications@westminsterforumprojects.co.uk

Directors

Peter van Gelder

Chris Whitehouse