

# Supporting Student Mental Health

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Manager

# Background

- Early intervention worker with young people exhibiting risk taking behaviour/emotional wellbeing issues
- Promotion of positive health and coping behaviours
- Complex/ various antecedents and triggers
- Impact on education - mood, relationships, social anxiety, exam stress



# Adolescence and Risk

Transition to  
adulthood

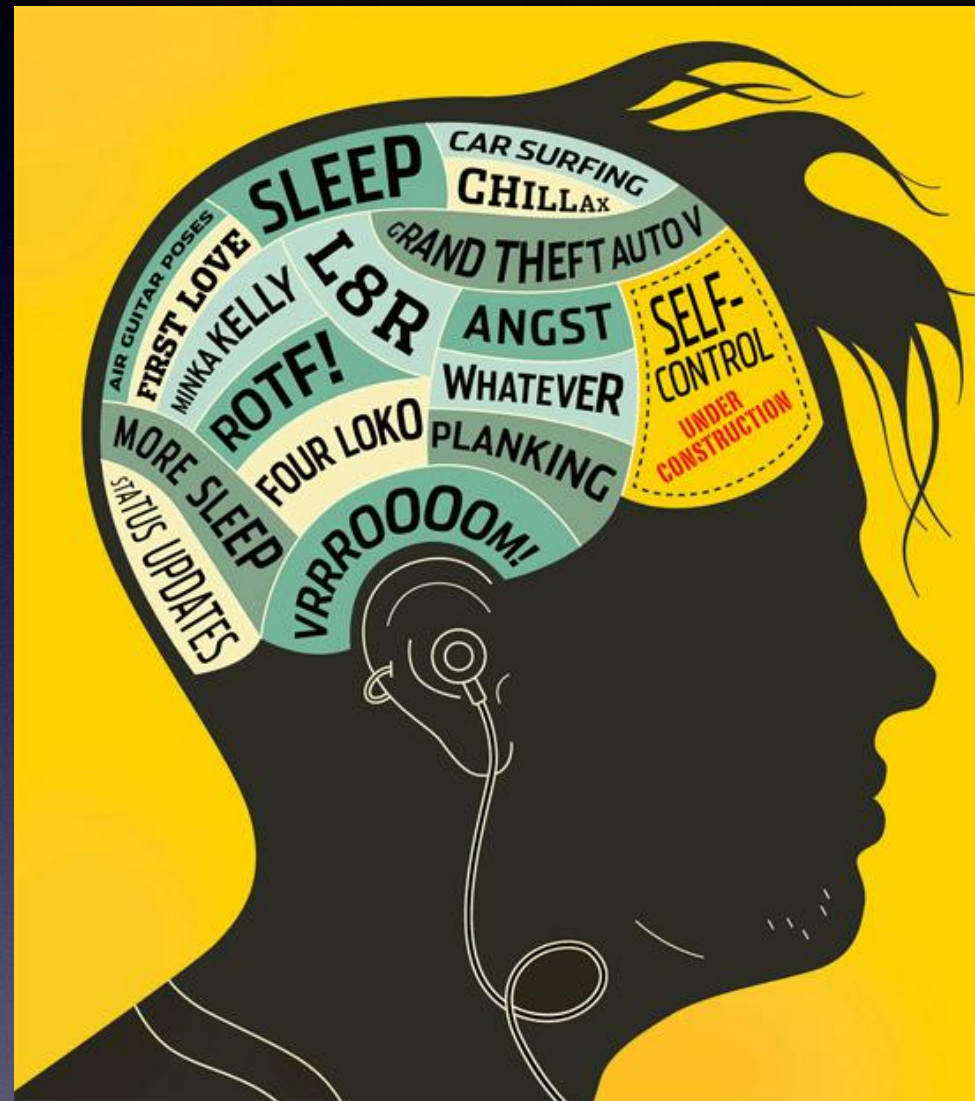
Development  
of identity

**Relationships**

Sexual  
behaviour

Social  
Media/cyberbullyi  
ng

Drugs and Alcohol



Consequential  
Thinking

Decision  
making

Risk  
seeking/reward

Experimentation



# Trends

- Progress regarding teenage pregnancy, smoking, drugs and alcohol
- Significant increase in rates of depression and anxiety
- Rise in concern within schools regarding self harm, eating behaviours





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## Youngsters 'pushed to brink of suicide' by social media

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By Geoffrey Bew [gbew@thekmgroup.co.uk](mailto:gbew@thekmgroup.co.uk) Read all comments | 1

Published: 00:01, 24 May 2017 |

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Cyber bullying and pressures around social media are pushing some young people to the brink of suicide.

Experts say the 24-7 nature of sites such as Facebook, WhatsApp and Instagram mean youngsters are 'under siege' from pornography, the risks of grooming and sexual exploitation, and can suffer anxiety and low self-esteem as relationship issues play out online.

Evidence shows girls aged between 12 and 15 are most in danger and the latest Childline figures

theguardian

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## Mental health champion for UK schools axed after criticising government

Department for Education denies axing of role is connected to Natasha Devon's criticism of policies such as increased testing



Natasha Devon highlighted the academic pressures facing young people, saying she knew her opinions would not be popular in some circles. Photograph: Steve Meddle/Rex/Shutterstock


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## Number of students dropping out of UK universities due to mental health problems trebles

1,180 students who experienced mental ill health left courses early in 2014-15



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Home > News > Huge increase in students using University Counselling Service


## Huge increase in students using University Counselling Service

Between 2011 and 2016, the number of students contacting the counselling service per academic year has jumped by 84 per cent

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## Universities should teach students resilience to improve mental health



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# Discussion

- Education as an integral part of 'recovery' - hope, personal control and opportunity
- Consideration of student mental health needs throughout their journey in education
- Pertinent to WP - mental ill health is a cause and consequence of social exclusion
- How can/do we support the needs of these students?
- Case Studies - outreach, access and success