

Student Mental Health Agreement.

2019-2020

Appendix 1

Numbers attending events/workshops ran by the Counselling and Wellbeing team and Students Association.

- 1. Psychoeducational workshops-** the C&WT ran several Psychoeducational workshops throughout the academic year 19-20. Most of these were delivered face to face before the lockdown. However, 2 workshops were delivered online. The workshops though designed for students were also made available to University staff. The workshops delivered were – Sleep; Managing Thoughts and Overthinking; Coping with University; Self-Care and Coping with Covid (online).

Numbers attending – Coping with Covid (online) – **140 students and staff**. The other 4 workshops were delivered in Oct (2019) and Feb (2020) – numbers attending across all workshops – **52**. Managing Thoughts and Overthinking proving the most popular of the 4 workshops.

- 2. Staff Mental Health Awareness Raising Workshops** – the C&WT delivered several workshops to University staff, across a number of different roles, around student Mental Wellbeing –

Numbers attending (4 workshops) –**75 attendees**.

- 3. PhD Managing Stress workshops** – the C&WT delivered a session to PhD students around managing stress/Self-care.

Numbers attending – **14**

- 4. Mindfulness** – the C&WT ran a number of mindfulness sessions both individual and group (face to face and online).

Numbers attending – since Lockdown we have been delivering online Mindfulness groups and we have **87** people sign up. Before Lockdown we delivered **6** groups this academic year across all three campuses with an average of just over **6** students per group.

- 5. Inductions** – the C&WT delivered a number of induction sessions to new and/or returning students highlighting and promoting the Counselling and Wellbeing team. These induction sessions highlighted how to contact the service and what we offered. These sessions were delivered to a number of different subject groups across the University, from 1st year to MSc students.

Numbers of students attending – c. **960** (The C&WT join the subject group inductions organised by the academic schools and as such do not have an exact number of attendees.)