

## **Sources of support for staff in assisting students with mental health difficulties:**

People seek counselling with a range of concerns varying from short term personal, social, family or academic worries to longer term more complex psychological problems. Some may attend only once or twice, others may use counselling for regular meetings over a period of several months.

The Counselling Service offers a confidential, professional service to students. Students can make an appointment to see the University Counsellors by calling into Student Services or by ringing ext. 3733.

The Student Liaison Officers based in each Faculty of Study are available to provide confidential advice and support, offer opportunities to develop student study skills and coordinate a Peer Mentoring scheme.

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### **University of Bolton contacts:**

Disability Team  
Student Centre

Tel:01204 903478  
SMS: 07799 in



Bury Road Broughton Bolton BL2 6JA Tel: 0161 856 5787	24 hour helpline:0870 7870554 (Mon-Fri 9am - 11 pm, Sat-Sun 6am - 11 pm) <a href="http://www.sids.org.uk">www.sids.org.uk</a>
<b>Gamblers Anonymous Bolton</b> Unitarian Chapel Bank Street Off Deansgate Bolton (Access: at rear in Crown Street next to Pepper Alley Hotel facing multi-storey car park. Meetings: Friday at 7.30 pm) Tel: 08700 508880	<b>Guild of Help</b> 27 Silverwell Street Bolton BL1 1PP Tel: 01204 524858 (Financial Help for those in need)
<b>Harbour Project</b> 65 Corson Street Bolton BL3 2QA Tel: 01204 62274	<b>Housing Options</b> Tel: 01993 776318 Email: <a href="mailto:enquiries@housingoptions.org.uk">enquiries@housingoptions.org.uk</a>
<b>Immigration Aid Unit (Manchester)</b> Tel: 0161 740 7720	<b>Manchester Rape Crisis</b> Tel: 0161 273 4500 (Rape and sexual abuse counselling service)

**Mental Health Foundation**



40 Adler Street London E1 1EE Tel: 020 7375 1002 Helpline: 0845 767 8000 <a href="http://www.sane.org.uk">www.sane.org.uk</a>	
<b>Social Anxiety</b> <a href="http://www.social-anxiety.org.uk">www.social-anxiety.org.uk</a>	<b>Wellness Recovery Action Plan (WRAP)</b> <a href="http://www.mentalhealthrecovery.com">www.mentalhealthrecovery.com</a>

### Guidelines on Student Mental Health and Wellbeing

The purpose of these guidelines is to provide basic guidance on identifying warning signs, symptoms and behaviour, with a view to informing or advising students on possible sources of appropriate support across the University.

It is a guide to help staff to understand some common mental health difficulties. **Staff are not expected to become diagnosticians, as this is a specialist task.** However it is hoped that these notes will assist in making decisions about referring a student for further support.

Knowing that a student carries this or that particular mental illness label is or experiences. Information about the typical symptoms of illnesses is readily available from a range of sources. This section avoids a condition-by-condition approach, and concentrates instead on behaviours which staff may encounter, and the responses which are likely to be helpful.

It is important to remember no two people experience mental health difficulties in exactly the same way. Mental health difficulties are likely to be temporary and are often treated effectively by counsellors, psychologists and/or medication. They may be caused by the need to cope with sudden change, e.g. bereavement, or the break up of a relationship. They can be the result of chronic stress or can also stem from emotional difficulties which people have experienced in their childhood, adolescence or as adults.

Staff in a pastoral role such as Personal Tutors, counsellors, postgraduate supervisors and accommodation services staff can have an important role in the early detection of these disabling but eminently treatable conditions. People who are experiencing symptoms may not recognise what is happening and only seek help when prompted by friends, flatmates, family or university staff.

A change in behaviour can be associated with some medical conditions. Behaviour which is out of character for an individual may be associated with being run down, very tired and overexcited or under stress. Alternatively it may result from the use of drugs (legal and illegal), medication etc. Mental illness is different. Mental illness can have a deeply incapacitating effect, and may require hospital admission. Its diagnosis is unlikely to depend on isolated symptoms and are usually associated with the observation of a persistent cluster of symptoms over a period of time. By contrast with mental health difficulties, which affect approximately one in four of the general population, mental illness is experienced by approximately one in fifty.

Feeling worried is a healthy response in many situations, and an important aspect of successful achievement. We all develop ways of coping with our anxieties when we feel under pressure. However, between 7 – 10% of the population is likely to be worried about many aspects of living and when anxiety becomes too great and significantly impairs the ability to function, we need to encourage students to seek help. Sessions with a counsellor or psychologist can be helpful ways of exploring the causes of stress and implementing ways forward.

In rare cases of severe anxiety and panic attacks, or severe mental illness, a GP referral, medication and the use of psychological or cognitive therapies may be beneficial.

Depression is one of the most common forms of mental health distress. We all go through difficult times in our lives, but for people who are depressed life can be a real struggle. They may feel bad about their lives and themselves in many ways. At times they may feel despairing. Counselling can provide a powerful way of safely exploring how the depression began and of assisting the student to mobilise those centres of resilience that still remain, GP referral is recommended and the careful use of anti-depressant medication can prove helpful.

If you are aware of a student experiencing some of the symptoms listed below it may be appropriate to make them aware of resources which are available to them. For students who experience a cluster of symptoms over a period of time, it is important that they are encouraged to seek professional help.

### **Recognising warning signs, symptoms and behaviours**

It should be reiterated that there is no expectation that University staff will become diagnosticians, and the following list of symptoms is in no way intended to be a diagnostic tool. It is, rather, guidance to staff in advising or informing a student about possible sources of help.

Examples of a range of symptoms:

#### **Behaviour**

- Change in study patterns e.g. doing considerably more or less work than usual
- Change in attendance patterns at university
- Falling grades
- Agitation
- Over-intense interaction/withdrawal
- Uninhibited/disruptive/disturbing behaviour
- Disrupted eating pattern
- Disrupted sleeping pattern
- Reduced concentration
- Changes in motivation
- Self harm
- Suicidal thoughts and activity
- Avoidance of everyday activity

#### **Appearance**

- Lack of attention to appearance and poor personal hygiene
- Marked weight loss or increase
- Particularly drawn/tired looking
- Noticeable smell of alcohol, cannabis
- Bizarre, unusual and out of character dress

#### **Mood**

- Loss of interest in most things/exaggerated interest
- Significant mood swings
- Excitable/restless/fidgety
- Extremely angry
- Extremely sad
- Feeling flat
- Isolated and withdrawn
- Feeling of disorientation
- Altered states of perception
- Persecutory ideas
- Feelings of acute loneliness

### **Other indicators**

- Something what the student is saying or doing makes you feel very