

QMUL Advice and Counselling Service

www.welfare.qmul.ac.uk

Confidential, professional support for emotional and psychological issues

Different types of support according to individual needs e.g.

- Short term counselling
- CBT informed therapies
- Group therapy
- Psychiatric consultation
- Drug and Alcohol clinic
- Referral for longer term support through NHS or other external mental health services

QMUL Mental Health Support

www.dds.qmul.ac.uk/mentalhealth

- Mental health advisers – Disability and Dyslexia Service
- Advice/support for students with mental health conditions
- Advice/support for students with conditions on the autistic spectrum
- 1:1 Mentoring – help students manage studies alongside their mental health condition
- Practical support for staff to help them support students with mental health issues
- Help managing a crisis – liaise with GP, NHS services, emergency services, contact students in hospital, help school staff to support student's return to study

Mental Health Adviser or Counsellor?

- Counselling (ACS)
 - Therapeutic – will not be suitable for everyone with a mental health condition
- Mental Health Advice and Support (DDS):
 - Advice and support to help students with a mental health condition to manage their condition alongside their studies – practical support – including managing a MH crisis
- In general, students with a diagnosed mental health condition are best advised to contact a MH adviser initially

Support and resources for QMUL staff

www.hr.qmul.ac.uk/about-us/staff-support/

- Employee Assistance Programme – Workplace Options: free, confidential counselling and other support for all QMUL staff
0800 243 458/ assistance@workplaceoptions.com / www.workplaceoptions.com
- Info for staff support: <http://hr.qmul.ac.uk/about-us/staff-support/>
- Senior staff in Advice and Counselling Service and Disability and Dyslexia Service provide advice for staff on managing difficult situations with students in a crisis / distress
- Supporting Students in Urgent Situations: http://www.dds.qmul.ac.uk/media/disability-and-dyslexia-service-/documents/Pub9975-Student-in-Distress_v1_1.pdf
- First Aiders list (campus): http://www.hsd.qmul.ac.uk/a-z/mental-health-first-aid/mental_health_first_aiders_list/

Support and resources for QMUL staff

<https://www.remploy.co.uk/individuals/finding-work-and-support-work>

- Access to Work, Workplace Mental Health Support Service (MHSS) for employees and apprentices
- Confidential and vocational support for employees with mental illness to regain their ability to participate at work
- Individual must be in paid employment and have a mental health condition or have symptoms (diagnosed or undiagnosed)
- Confidential Helpline: 0300 456 8114
- vocationalrehabilitation@remploy.co.uk
- Compliments EAP and OH – does not replace.