

**Mr John Gilchrist**  
Freedom of Information Officer

10 January 2019

Ref: FOI/December 2018/ Kirsty Card

By email to request-537565-899b2337@whatdotheyknow.com

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Dear Ms Card

Your request for information received on 7 December 2018 has been dealt with under the provisions of the Freedom of Information Act 2000 (FOIA).

You asked:

I am writing to you under the Freedom of Information Act 2000 to request the following information in regards to the mental health resources at your university.

1. How many support service staff have been employed with a mental health remit (e.g. counselling, wellbeing) in each of the last 5 academic years. If a breakdown is not available for mental health staff, please provide a total for the closest possible category.
2. Budget for mental health support for each of the last 5 academic years, and where possible a breakdown on how that money is allocated, e.g. staff, marketing, equipment etc.
3. Number of students seeking mental health support in each of the last 5 academic years.
4. Average waiting time for mental health support in each of the last 5 academic years.
5. Any internal reports or reviews relating to mental health provision over the last 5 years.

### **University Response**

1.  
**2018/19**  
Student Mental Counselling and Health Manager 1FTE  
Mental Health Advisors 2FTE  
Counsellor 3.15FTE  
Counselling Psychologist 1FTE  
Wellbeing Services Administrator 1FTE  
Associate Training Counsellor - Voluntary 7

## 2017/18

Student Mental Counselling and Health Manager 1FTE  
Mental Health Advisors 2FTE  
Counsellor 3.15FTE  
Counselling Psychologist 1FTE  
Wellbeing Services Administrator 1FTE  
Associate Training Counsellor - Voluntary 0  
Psychiatrist - 90 hours 0.05FTE

## 2016/17

Student Counselling and Mental Health Manager – 1FTE  
Mental Health Advisor – 2FTE – 2 people  
Counsellors – 3.14FTE – 6 people  
Counselling Psychologist – 1FTE – 1 person  
Consultant Psychiatrist – 90 pa – vacancy  
Associate training counsellors – 2 FTE – 2 people (voluntary)  
In addition, we use Barnet Mind Matters (IAPT) to support our students on day a week (not employed but hosted by the university).

## 2015/16

Student Mental Health Manager – 1FTE – 1 person  
Counsellors – 3.14FTE – 6 people  
Associate training counsellors – 2 FTE – 2 people (voluntary)

## 2014/15

Student Mental Health Manager – 1FTE – 1 person  
Counsellors – 3.14FTE – 6 people  
Associate training counsellors – 2 FTE – 2 people (voluntary)

2.

	<b>Budget</b>
18/19	£434,025 (provisional)
17/18	£443,331
16/17	£356,096
15/16	£228,549
14/15	£216,661

3.

- 2014/15: 468
- 2015/16: 585
- 2016/17: 689
- 2017/18: 753
- 2018/19: 324 (to date of request)

4. We do not record specific waiting times for individual students seeking treatment however we aim that students wait no longer than 4 weeks between their referral and being seen by a Counselling and Mental Health Specialist. This is a significant improvement on previous academic years when the wait was 12 weeks at peak times.

5. There hasn't been a specific internal report or review within that period, however we are investing in current provision and planned provision that aims to improve counselling, wellbeing or mental health services as well as minimising the time students wait for support and improving access.

I trust this satisfies your request sufficiently. Under the Freedom of Information Act 2000, you have the right to complain about the University's response to your request for information. If you have such a complaint, you may contact Mr David Maplas, Director of Student Affairs, Middlesex University, Hendon campus, London NW4 4BT, tel: 020 8411 5830, [d.malpas@mdx.ac.uk](mailto:d.malpas@mdx.ac.uk) within 40 days of the date of this letter for a review of the University's decision. If you remain unsatisfied with the outcome of that complaint, you may seek further recourse by lodging an appeal with the Information Commissioner.

Yours sincerely

**John Gilchrist**  
Freedom of Information Officer