

Mr John Gilchrist
Freedom of Information Officer

18 September 2018

Ref: FOI/August 2018/ Daniel Dunford

By email to daniel.dunford02@bbc.co.uk

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Dear Mr Dunford

Your request for information received on 20 August 2018 has been dealt with under the provisions of the Freedom of Information Act 2000 (FOIA).

You asked:

1. Please fill in the name of your university.
2. The total number of students that accessed University counselling services in the last three academic years, including 2017/18.
 - a) How many were male?
 - b) How many were female?
3. The total number of students that accessed university mental health services in the last three academic years, including 2017/18.
 - a) How many were male?
 - b) How many were female?
4. Over the last three academic years, what was the average (median) waiting time in days between a student applying to see a counsellor and the first appointment to see a counsellor?
5. Number of students who started a counselling session with a counsellor within 18 weeks of applying to see a counsellor between 1 Sep 2017 and 30 June 2018 (number and %).
6. The longest wait in weeks for a student to start a counselling session with a counsellor (not a member of the mental health team or a mental health adviser) in the last three academic years, including 2017/18.
7. Do you have anything else you would like to add that is relevant to any of the above questions? For example, details of new or innovative measures you are taking to improve counselling, wellbeing or mental health services, either now or to be implemented in the near future.

University Response

1. Middlesex University

2.

	male	female	undisclosed	total
2015/16	53	158	374	585
2016/17	145	487	57	689
2017/18	162	480	110	753

We believe the increased usage of these services is down to significant investment and promotion by the University to improve capacity and access, coupled with external factors that are increasing the prominence of mental health issues for students and young people.

3. See above, our figures just report students access our Counselling and Mental Health Support Services as a single entity.

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. See above answer

6. See answer to question 4.

7. 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 Mrs Teresa Kelly, Clerk to the Board of Governors, Middlesex University, Hendon campus, London NW4 4BT, tel: 020 8411 6018, t.kelly@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

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