

# The Mental Health challenges facing students and how Schools, Colleges and Universities can respond effectively.

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# What are the challenges?

Unemployment

Poverty and  
Homelessness

Home  
Ownership

Physical Health

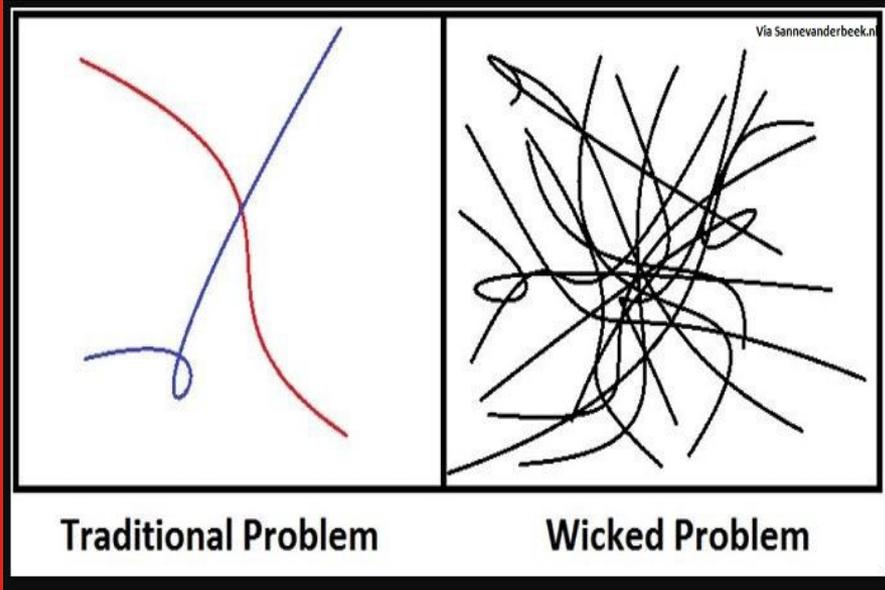
Mental Health

Suicide

Crimes and  
Prisons

## Challenges

# Wicked Problems



## Characteristics of a "Wicked Problem"

- Difficult to clearly define
- Many interdependencies and often multicausal
- Attempts to address the problem often lead to unforeseen consequences
- Frequently not stable
- Usually no clear solution
- Socially complex
- Rarely is the responsibility of only one stakeholder
- Solutions involve changing behaviors
- Can be characterized by chronic policy failure

# How can we respond effectively?

"Leaders of schools, colleges, universities and community organisations [to] take a whole organisation approach to the mental health of their students, young people and staff, so that it permeates every aspect of their work and is embedded across all policies, cultures, curricula and practice."

2035 VISION, CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH COALITION

## Whole Organisation Approach



# How can we respond effectively?

Simple, timely access to services

Training for all, support for each other.

Understanding of the complexities of different student communities and barriers to accessing support.

Proactive support during high risk periods.

Variety of provision.

Stronger links with NHS services.

Co-production.

Leadership - "a person who influences a group of people towards the achievement of a goal"

Learning from best practise.

Integrating mental health and wellbeing awareness into academic programs

Communication and integration.

# References

- Department of Education (2018) Mental health and behaviour in schools.
- House of Lords (2018) Challenges Facing Young People Debate
- Healthy London Partnership (2016) Improving care for children and young people with mental health crisis in London: Recommendations for transformation in delivering high-quality, accessible care.
- Camillus, J.C. (2008) Strategy as a Wicked Problem <https://hbr.org/2008/05/strategy-as-a-wicked-problem>
- Universities UK (2018) Minding our future: Starting a conversation about the support of Student Mental Health.
- Universities UK. Whole University Approach <https://www.universitiesuk.ac.uk/policy-and-analysis/stepchange/Pages/whole-university-approach.aspx>

# Useful Organisations

- Papyrus - <https://papyrus-uk.org/>
- Mental health foundation - <https://www.mentalhealth.org.uk/>
- Shout - <https://www.giveusashout.org/>
- CALM - <https://www.thecalmzone.net/>
- Student MINDS - <https://www.studentminds.org.uk/>
- Samaritans - <https://www.samaritans.org/>
- SANE - <http://www.sane.org.uk/>
- Heads Together - <https://www.headstogether.org.uk/>
- ReThink - <https://www.rethink.org/>
- Mental Health UK - <https://mentalhealth-uk.org/>
- National Suicide Prevention Alliance - <https://www.nspa.org.uk/>