

SPECIALIST MENTAL HEALTH MENTORING



What is specialist mental health mentor support?

The role of the mental health mentor is to provide students with mental health difficulties with support for their academic progression. Your mentor will work collaboratively with you to:

- Identify how your mental health creates barriers to learning and impacts on your ability to study
- Develop coping strategies to enable you to manage these difficulties so that you can fully access your course

The aim is to enable you to manage your mental health independently so you can fully engage in university life.

What skills and training do mentors have?

Specialist mental health mentors are all registered mental health professional staff. They are registered with professional bodies such as HCPC, RCN, BACP and BABCP and the staff have to adhere to strict professional boundaries. The mentors work as sessional members of staff within the University of Exeter Wellbeing Services mental health team.

What can specialist mental health mentor support help me with?

Your mentor will work with you on a one to one basis in a quiet, confidential room.



Examples of issues that are covered within sessions include:

- Motivational difficulties and lethargy
- Avoidance
- Difficulties with organisation and time management
- Perfectionism
- Procrastination
- Rumination and worry
- Difficulties with concentration and memory
- Concerns about medication and side effects
- Difficulties with eating
- Poor sleep
- Low mood
- Anxiety
- Fear of public speaking
- Healthy work/life balance
- Low confidence
- Information about mental health diagnosis
- Self-harm
- Unhelpful thinking patterns
- Other issues that you bring to the session

With your agreement the mentor will also liaise with others involved in supporting you to provide a coordinated approach to your support whilst at university.

How many sessions will I get?

The support is funded through the Disabled Students' Allowance for home students. This is an allowance to help meet the additional costs that may arise from having a disability. You will need to apply for DSA through your funding body (eg Student Finance England) and submit medical evidence, then if eligible attend a Needs Assessment. DSA will then confirm the number of sessions allocated. International students can access 6 sessions of mentor support.

Attendance at sessions

Students are expected to attend all offered and agreed sessions. If you cannot attend due to exceptional circumstances we ask that you give us 24 hours' notice. If less than 24 hours' notice is given or a session is missed, then the session will count as one of the allocated sessions. If this occurs twice per term then consideration will be given to the suitability of this support for you at this time.

How do I get specialist mentor support?

Students should contact Wellbeing Services for an initial appointment. You will be offered a telephone referral appointment where support options will be considered. Those students who have relevant health needs will be offered an initial meeting with the Mental Health team. At this appointment DSA will be discussed and the team can assist students with the application.

Home students can also apply direct at www.gov.uk/disabled-students-allowances-dsas/overview

You will need to meet with the mental health team before the specialist mentor support is put in place.

Further information:

If you require any further information please contact Wellbeing Services, either by calling us on 01392 724381, or emailing us at wellbeing@exeter.ac.uk