March 2021

Project Co-production Activities:

- Project governance groups
- Mental Health Forums
- Research into 'Lived Experiences'
- Student Mental Health Survey
- Online provision of University Support Services survey
- Focus groups
- Task & Finish groups

IMPROVING STUDENT MENTAL HEALTH THROUGH PARTNERSHIPS

Student Engagement Update

Project Overview

The 'Improving Student Mental Health through Partnerships' project is one of 11 **Office for Students** funded projects nationally, each aiming to implement and pilot innovative approaches to supporting student mental health. With students at the heart of each project, the project offers a range of opportunities for students to get involved in designing and influencing project activities. Please read more on our Project Page.

Key aims of the project:

- Introduce new clinical services based on campus
- Work in partnership to improve pathways into mental health services for students
- Co-produce the design and delivery of care with students and practitioners

You said, we did—your feedback matters

You said: *Descriptions of, and signposting to, University wellbeing services could be improved.*

We did: Throughout Project workshops and communications, signposting towards University services is clear and prevalent. LJMU have a Student Support hub in order to clearly signpost students for an extensive range of possible concerns.

You said: *Student Intranet posts are an eye-catching way to receive information*

We did: All project activities use Student Announcements and news stories as a key way to share upcoming events and opportunities to get involved.

You said: *Students prefer to understand what will be covered within a course of therapeutic sessions before attending.*

We did: When designing the U-CAN service, a six-week psycho-social skills group, the content of all six sessions was summarised and added to service information sheets and the U-CAN webpage.

You said: *It would be better if organisations worked better together with regards liaising and sharing information.*

We did: We are chairing working groups to explore how to improve communications between organisations. We are piloting Multi-Disciplinary Team meetings to bring key services together to aid students in crisis. We will maintain a focus on this throughout the project and continue to highlight these issues nationally, using our position to also seek long-term solutions locally.

You said: *We would like to be kept in the loop more about mental health developments*

We did: We have developed project webpages and a newsletter to talk directly to you about what is happening in the project and let you know about opportunities to get involved and opportunities to aid the Project Team

You Said

We did

You said: *Awareness of mental health conditions, and how they impact those living with them, is not good amongst the student population.*

We did: We have developed a 'Living with and Understanding…' workshop programme. designed to promote improved knowledge and awareness of a range of mental health issues. The programme is aimed at both those with lived experiences of the conditions covered and at those who wish to gain more of an understanding and insight.
The workshops are hosted by our Clinical Innovation Lead, with guest expert speakers from within Mersey Care NHS Trust. For more information click here

You said: *Knowing who is involved before your first session with a service would ease any concerns or nervousness.*

We did: We have added a 'meet the clinical team' page with introductions to each member of our team working within the U-COPE and U-CAN services.