



OLLSCOIL NA GAILLIMHÉ
UNIVERSITY OF GALWAY

Student Mental Health at University of Galway



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**Everyone
Is A Potential
High Performer.
Some People
Just Need
A Little Help
Along
The Way**



**People Who
Feel
Good About
Themselves
Produce
Good Results**

Blanchard, Zigarmi & Zigarmi



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Clinical counselling services

PLUS:

Consultation

Proactive mental health
strategy/harm prevention

Training/education

R&D and evaluation



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Crisis intervention & mental health supports for all students



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- 50808 Crisis text line – support in any type of crisis
- Speak Out – anonymous report/support tool
- Responding to Students in Distress & at Risk - gatekeeper training for staff
- CAMS – evidence-based assessment and management of suicidality
- Togetherall – safe, online, moderated community & resources for all students
- Mindaclient – bespoke database for Student Counselling services linking to '3 Set' research/evaluation (Dr. Barbara Dooley/UCD)

(Psychological Counsellors in Higher Education (PCHEI) initiatives funded by HEA/HSE/NOSP)

Crisis intervention - collaboration



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Student Care Team – college-wide fast-track support for students in crisis

- Dean of Students office – Students in Crisis policy, Complaints policy
- Director of Student Services
- Social worker
- Counselling
- Student Health Unit – including connection with Psychiatry
- Disability Service
- Chaplaincy - Student Death, Missing Students, Welfare checks
- Student Welfare, FAF, Accommodation/Students Residences
- Security
- Academic representative
- Collaboration/links with appropriate internal/external units, AMH, VdeP, IFPA, etc.



Consent Framework

- Active*Consent
- Active*Consent drama
- Speak Out – anonymous reporting tool for students and staff
- First Point of Contact Training – Counselling, GRCC, Active*Consent
- Supervision/support for those receiving disclosures
- Trauma informed/awareness protocols/policy

Responding to Trends

- Eating Disorder therapy group
- Neuro Divergence awareness workshops for staff – ‘Nothing about us without us’
- Collaboration with Access and other units
- Ecotherapy development



Opportunity:

- Alignment between in the NSMHSPF, Health Campus, Student Success Strategy & the University Strategic Plan in our university

Challenges

- Many counsellors and others concerned with MH in HEI's on short term/specific purpose contracts and therefore tenuous
- Need for more collaboration/resourcing of academics in pastoral care roles plus infusion of wellbeing into the credit bearing curriculum rather than 'bolt-on'
- Government funding of HEI's – need for promised National Training Fund shortfall to be delivered by Government



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Thank you!