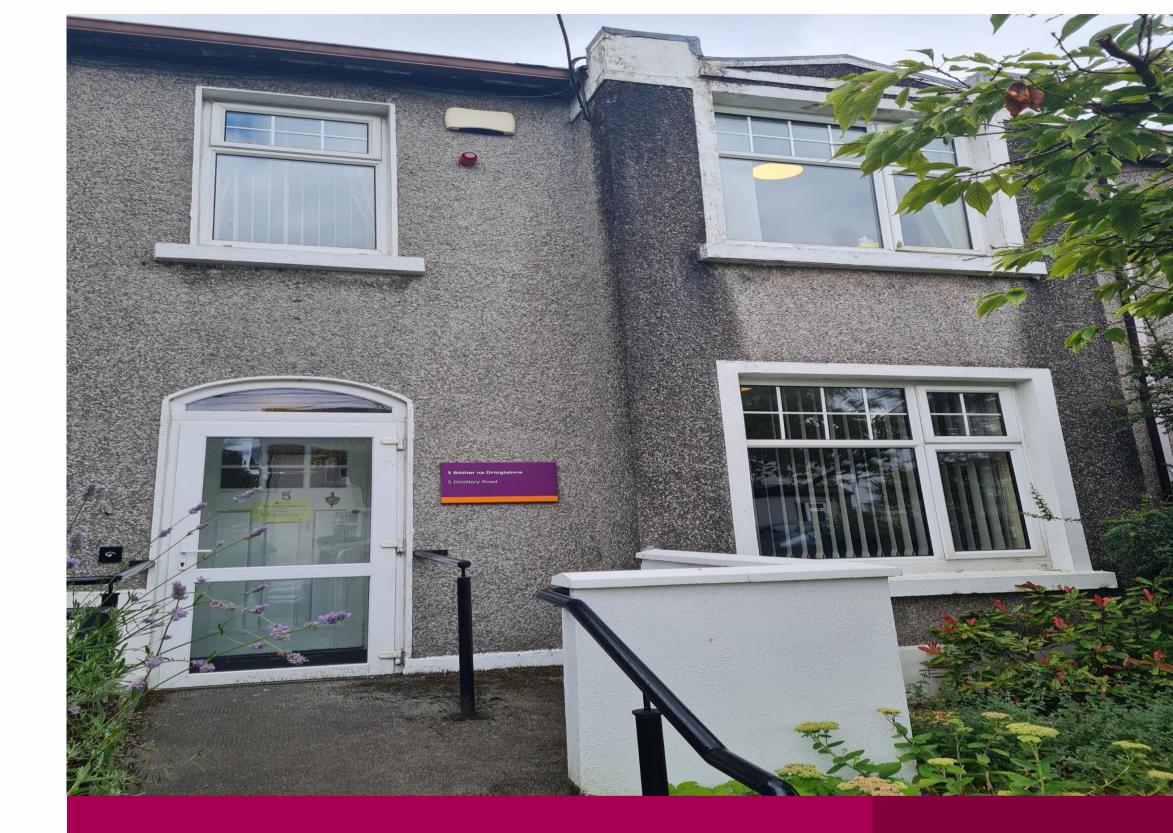


Student Mental Health at University of Galway



University of Galway.ie



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



Clinical counselling services PLUS:

Consultation

Proactive mental health strategy/harm prevention

Training/education

R&D and evaluation



University of Galway.ie

Crisis intervention & mental health supports for all students



- 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
- Togehterall 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



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



People Who Feel Good About Themselves Produce Good Results

Blanchard, Zigarmi & Zigarmi



Thank you!