

Step 1

Prevention and Promotion

We will explore support that can be utilised from friends, family, faith groups, telephone help-lines, advice agencies, carer support, peer support groups and other self-help.

Step 2

Recognition

We may suggest a 'watchful waiting' approach with a view to a follow up appointment with either a wellbeing or mental health adviser for further assessment. Guided self-help, mentoring, peer support groups, workshops and signposting to resources in step one, may also be considered.

Step 3

Assessment / Primary Care Interventions

You will be signposted to your local IAPT (Improved Access to Psychological Therapies) service where you can access further assessment and treatment. This may include short-term psychological intervention i.e. counselling or CBT physical health checks, medication prescribing and review, computerised CBT, and/or social prescribing.

Step 4

Secondary / Specialist Services

Where comprehensive, specialist treatment and support are needed i.e. access to local mental health team, early intervention team, crisis team etc, we will signpost you to your G.P or to A&E liaison team for an assessment and referral.

Step 5

Specialist

This includes in-patient services for students with high risks and complex mental health needs who require specialist interventions. If this level of care is required, we may have to talk to your next of kin and arrange an urgent assessment with your G.P or A&E liaison team. A period of time away from Uni may be required.