How to support the impact of transition on your students mental health

Toby Chelms
Student Mental Health & Wellbeing Manager
Cognitive Behavioural Therapist
What leads to poor mental health?

Likely to be a combination of factors:
• Genetic predisposition
• Socio-Economic factors
• Childhood Traumas (e.g. abuse, neglect, bullying)
• Long-Term stressors
• Drug and/or alcohol misuse
• Transitions (e.g. bereavements, house move, family change)
• Diet
• Distress intolerance
What does University contribute?

- Removal of support structures
- New routines
- Freedom
- Impact on diet
- Increase in access to alcohol and drugs
- Academic pressures
- Uncertainty about social and academic standing
- Sleep disruption
- Isolation
What can you do to help prepare Students?

• Working in groups, consider these vulnerability factors and how you can help prepare your Students.
• What other information might you need from Universities?
• Would you need involvement of other professionals?
• Consider 1-2 brief messages you would like to give to your Students and then consider the best way to convey these.
• 20 minutes then a group discussion/feedback.
Thank you