



Wellbeing Support Services

Wellbeing at the University of Warwick Library

By Janet Winter



WARWICK
THE UNIVERSITY OF WARWICK

Outline of presentation

- What is Wellbeing
- Wellbeing National picture
- Wellbeing Local picture
- Wellbeing in the library
- How it works- 'the Library Model'

What do we mean by wellbeing?

Different from mental health but closely associated..

What is mental health?

Mental health is the foundation for thinking, communication, learning, resilience and self-esteem. Mental health is also key to relationships, personal and emotional well-being and contributing to community or society.

What is mental illness?

Mental illnesses are health conditions involving changes in thinking, emotion or behaviour (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work or family activities.

Mental illness is treatable. The vast majority of individuals with mental illness continue to function in their daily lives.

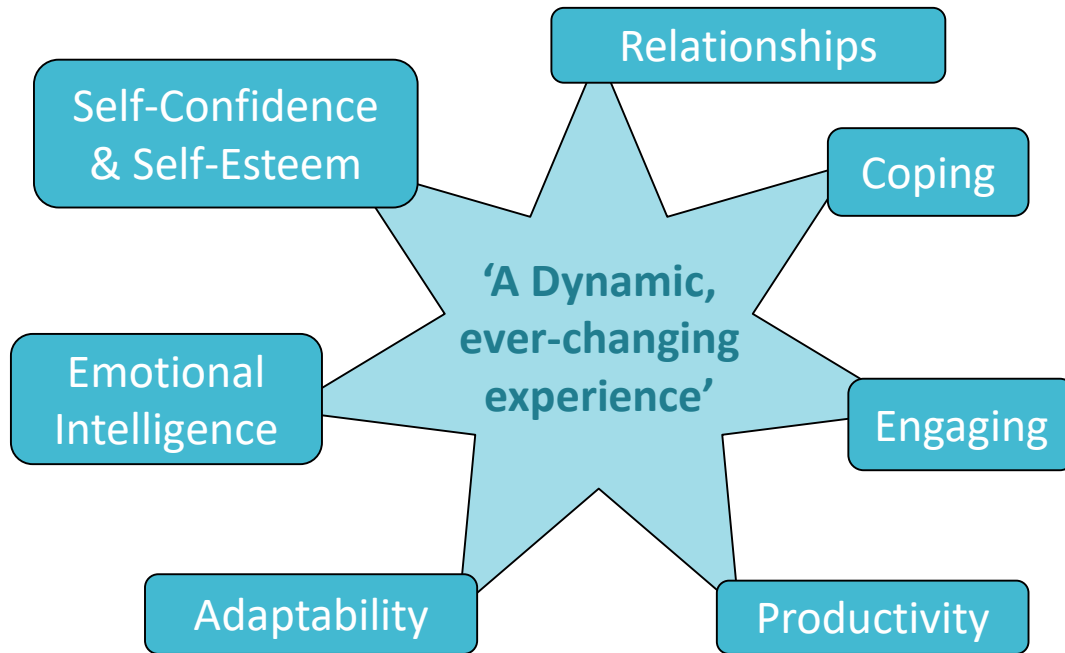
What is wellbeing?

"Feeling happy is a part of mental wellbeing. But it's far from the whole. Feelings of contentment, enjoyment, confidence and engagement with the world are all a part of mental wellbeing. Self-esteem and self-confidence are, too".

Sarah Stewart-Brown, professor of public health at the University of Warwick

Feeling Good & Functioning Well!

Feeling Good and Functioning Well



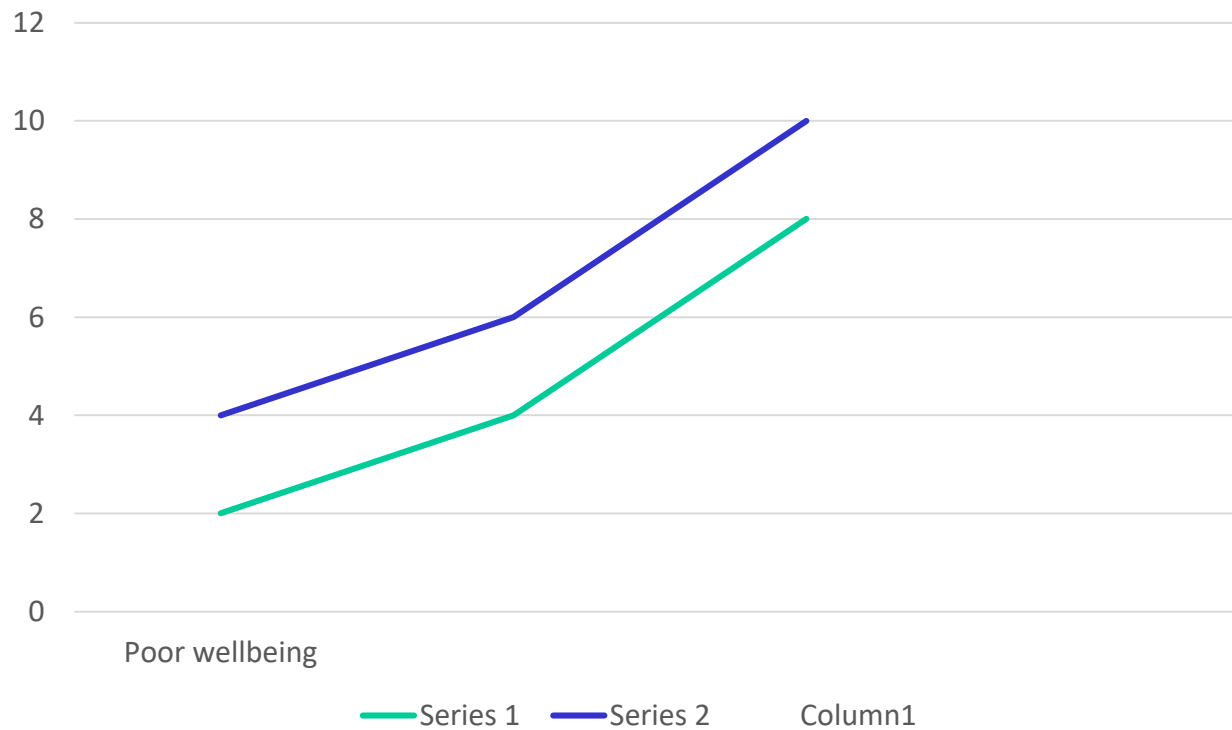
National Picture of Wellbeing in student population

- ‘Estimates of the prevalence of mental disorders in students can vary enormously depending on how these are defined and ascertained.’ e.g. Mental health issues, disorders, illness (RCP 2011).
- However it is defined, distress is on the increase: Support services report very high demand across the UK.
- Mental ill health has many negative consequences. It has strong associations with low levels of wellbeing, distress, self-harm and suicide.
- Narrative of crisis in student wellbeing and mental health.
- Demand for and costs of student support services are increasing sharply.
- In recent years, there has been a steady increase in the number of student suicides (ONS 2016).

Results from NUS Survey 2017

- 78% have experienced mental health worries over the past year,
- Stress is the top mental health symptom identified by 81%, with other major factors being lack of energy, being unhappy or down, and anxiety.
- Students typically turn to their friends when they need help with mental health, although GPs and family are also popular avenues of support.
- Where professional help was sought, one in ten were able to access this the same day, and one in six able to get some support within a week.
- Over half of students were aware of the mental health services at their college or university, although only a **small percentage** had turned to their institution or students union for help which suggests this is not due to a lack of knowledge about services available.

Upward Trend



Wellbeing Locally

- Wellbeing is high on the agenda:
 - University of Warwick Strategy: Goal 1: ‘enable our students to succeed’.
 - Library Aim: ‘to support the whole student’.
- Increase in resources for Wellbeing Support Services at Warwick.
- Increase in demand for MH & W/B and counselling, disability.
- Pressure on local Statutory services.

Wellbeing at Warwick

We do have:

- GP practice on site.
- Regular liaison with local NHS providers.
- NHS providers have clinics on site.
- Range of services to provide support and promote good mental health and wellbeing.
- We do monitor student attendance and take appropriate action.

Director of
Wellbeing

University
Counselling
Service

Disability
Services

Student
Support

Mental
Health &
Wellbeing

Outreach
Wellbeing
Advisors

The role of the MH & Wellbeing Team

- ▶ Actively promote healthy living and learning.
- ▶ Support students to engage with their studies despite any difficulties with their mental health that they experience.
- ▶ Support university teams and systems to prioritise MH & Wellbeing in all areas of University life.



Range of Support available at Warwick

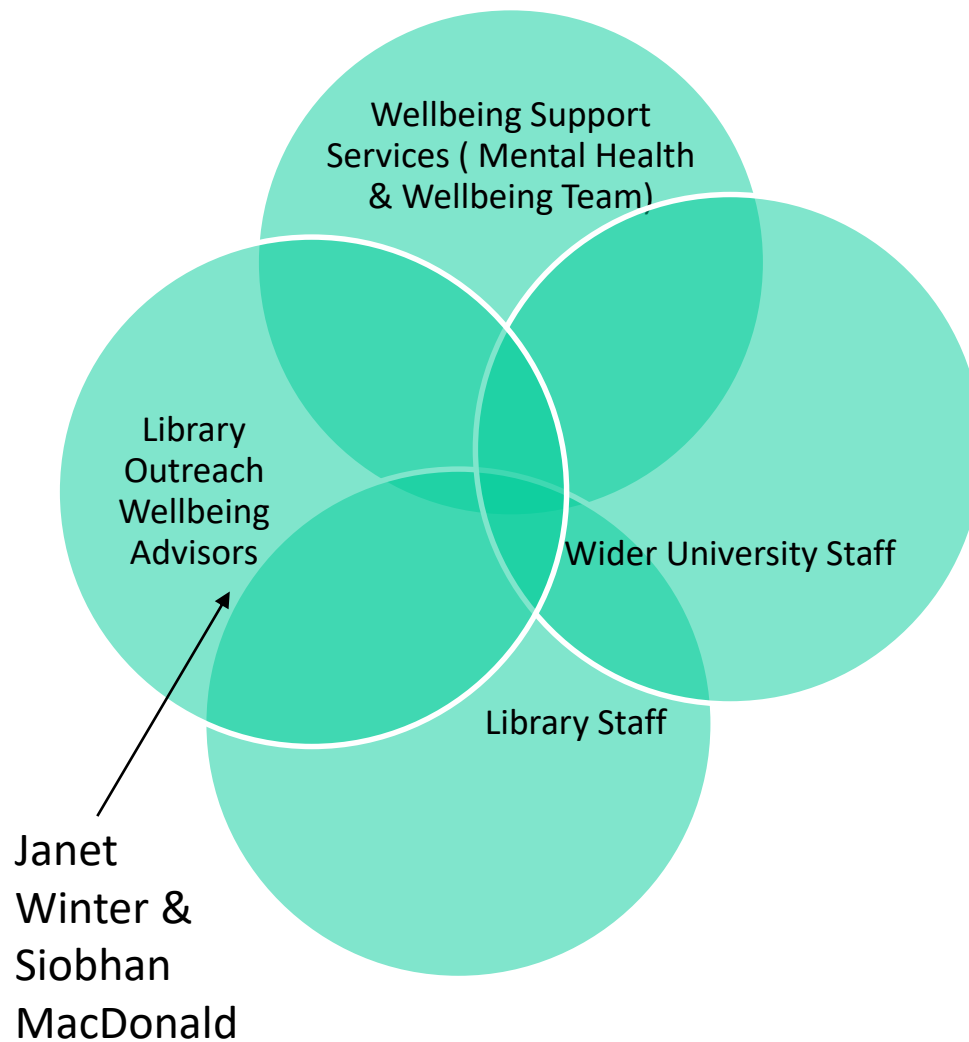


Wellbeing In the Library at Warwick

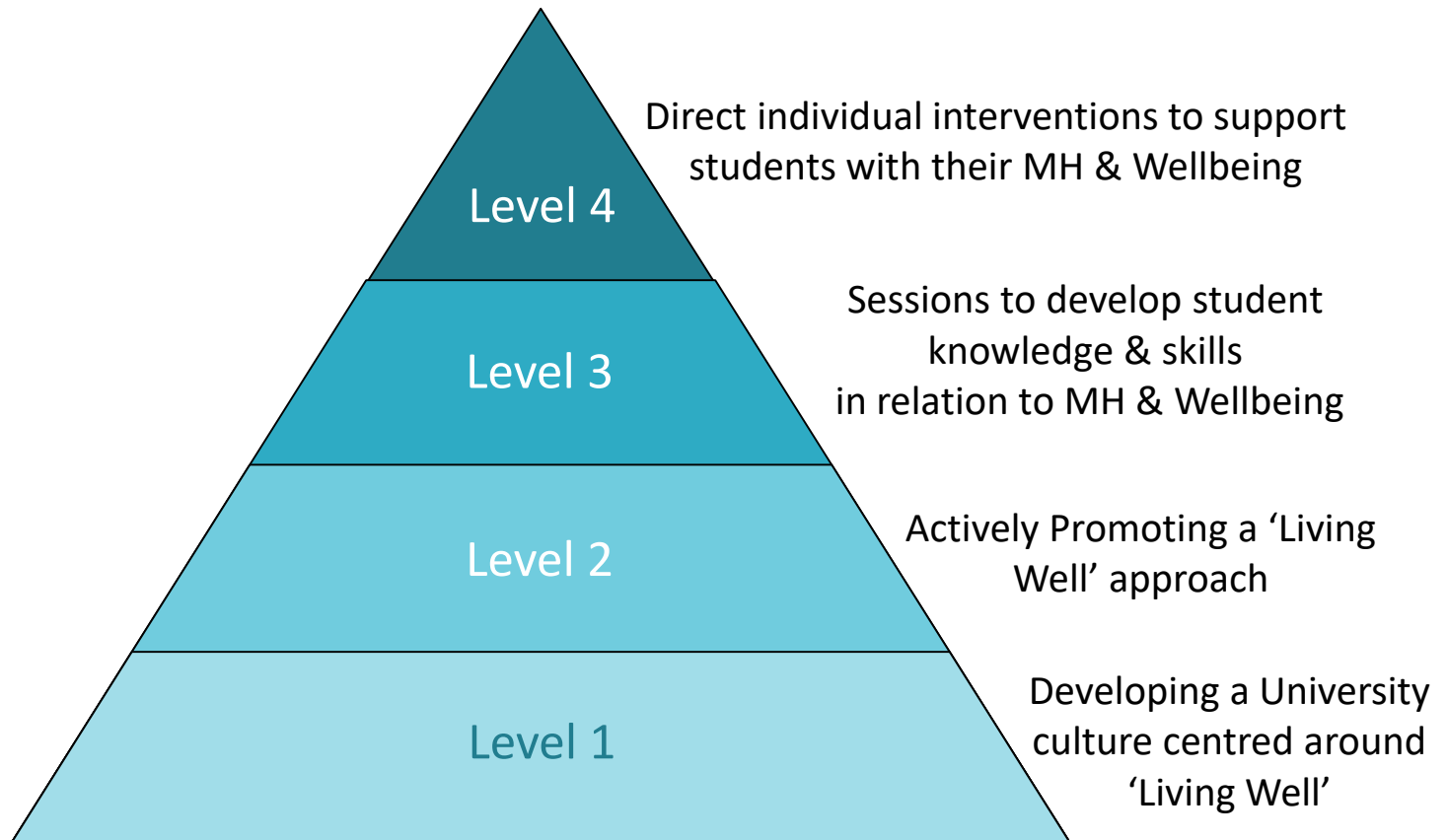
The 'Library Model'

Outreach wellbeing Advisors based in the library providing support to staff in the library.

Joint projects and events.

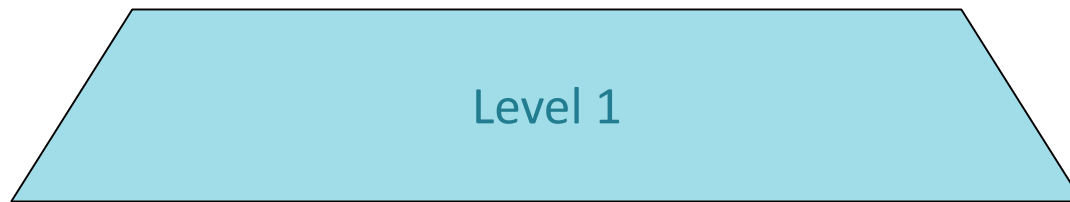


How do we do this?



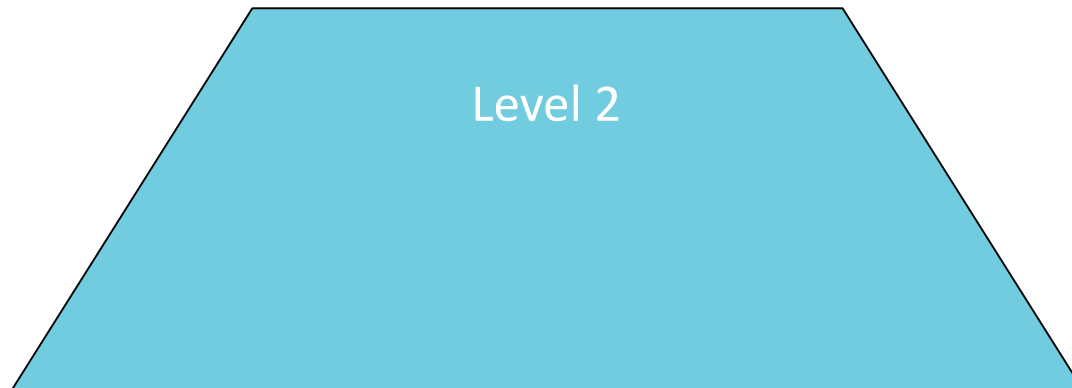
Level 1: Developing a University culture centred around 'Living Well'

- Library outreach wellbeing advisers work with library staff to influence operational procedures with a MH & Wellbeing focus.
- The team facilitates collaborative thinking in relation to MH & Wellbeing. Advice on wellbeing 'cases'.
- Work with staff to incorporate wellbeing into the culture of the organisation.
- Support staff via 'training' updates to front line staff.



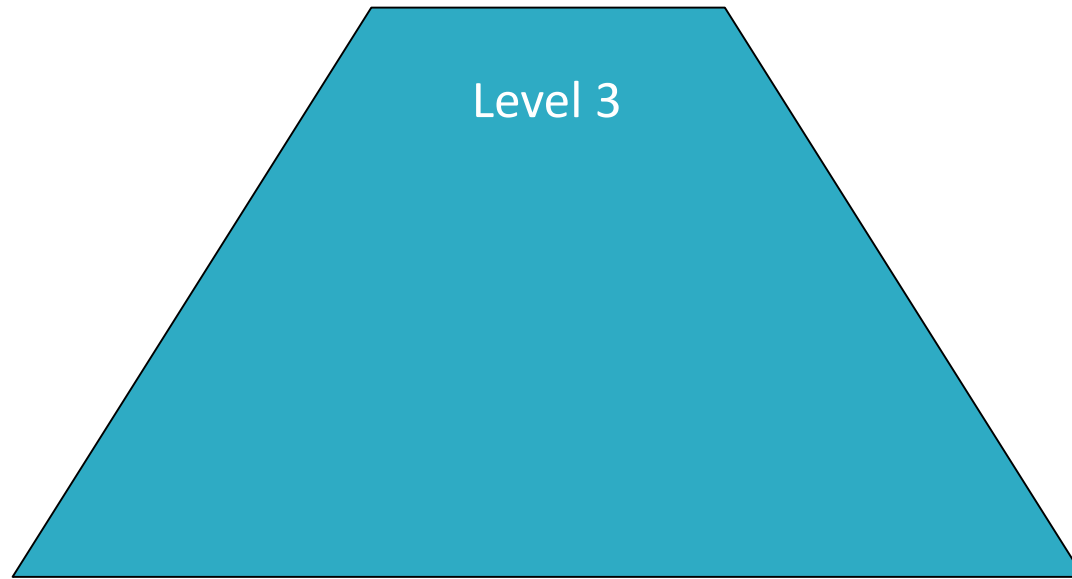
Level 2: Actively Promoting a 'Living Well' approach at the Library

- Regular promotional events in the Library, in conjunction with Community Engagement Teams.
- Promoting the Wellbeing Support Services and providing advice, tips and information about managing wellbeing at University.
- Attending events run by other teams and departments e.g. WarwickSport, SU Societies.



Level 3: Sessions to develop student knowledge & skills in relation to MH & Wellbeing

- 'Introduction to Living Well' sessions provided via academic departments.
- One off workshop sessions in the library



Level 4: Direct individual interventions to support students with their MH & Wellbeing

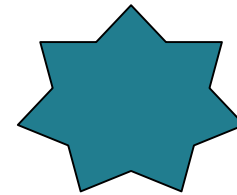


Level 4

- Bookable appointments with a Wellbeing Adviser (seen in other buildings on campus)
- Regular Mental Health Mentoring for students in receipt of DSA.



Factors for Success

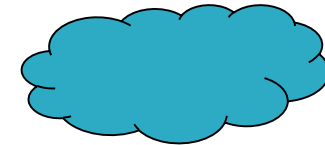


- Physical Presence, desk in library, helps to build relationships.
- Support/commitment from both sets of management and staff
- Library central feature on campus for many students

Summary

- Joint working, collaborative projects and events.
- Consultative role.
- Information and advice.

Questions/Discussion



What does wellbeing look like in your University?

What are the Benefits

Are there any Drawbacks?

