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## Recommendation

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Increase funding to UCL Student Psychological Services by £340,000.

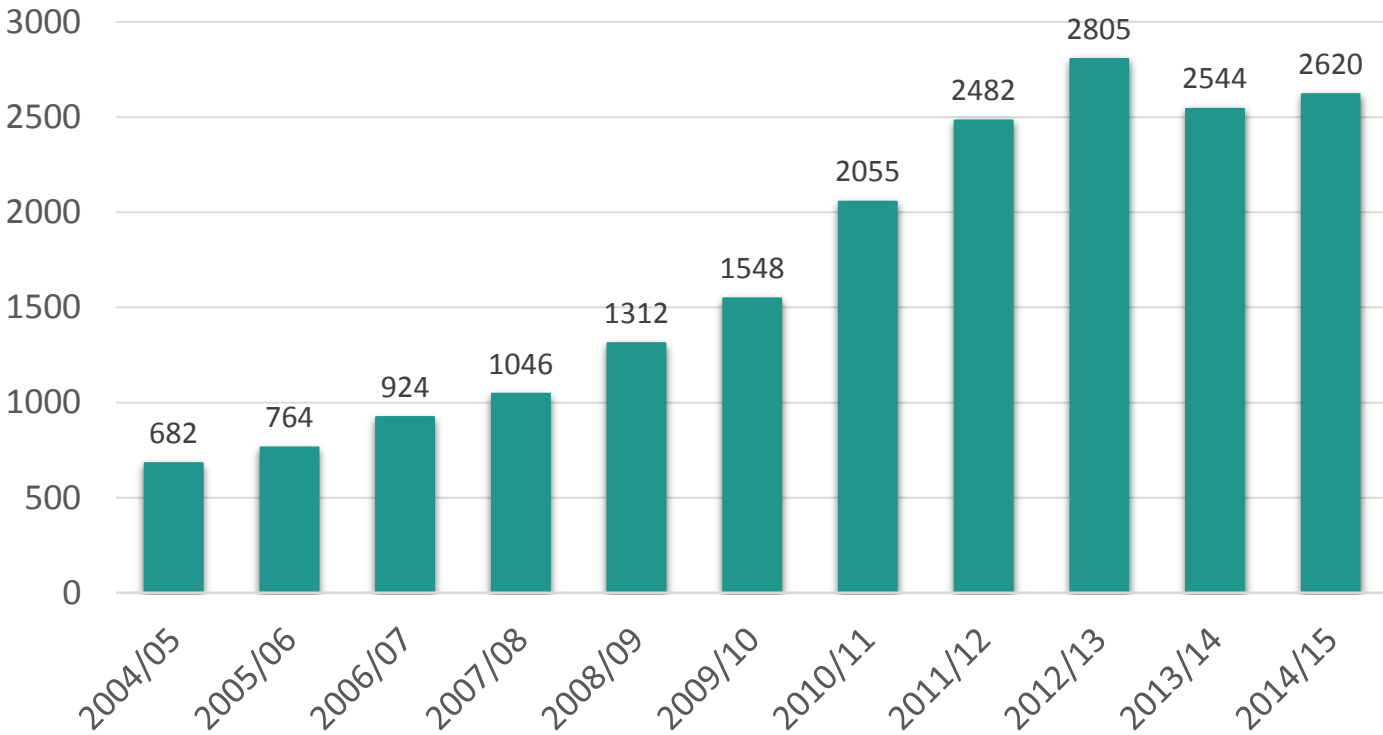
This would translate to 6.5 new staff members, necessary to cover the numbers of students accessing the service.

This would shorten the waiting list, facilitate follow-up with students and allow for additional support where needed.



# Number of Students Accessing UCL Student Psychological Services

Students registered with SPS





## Recommendation

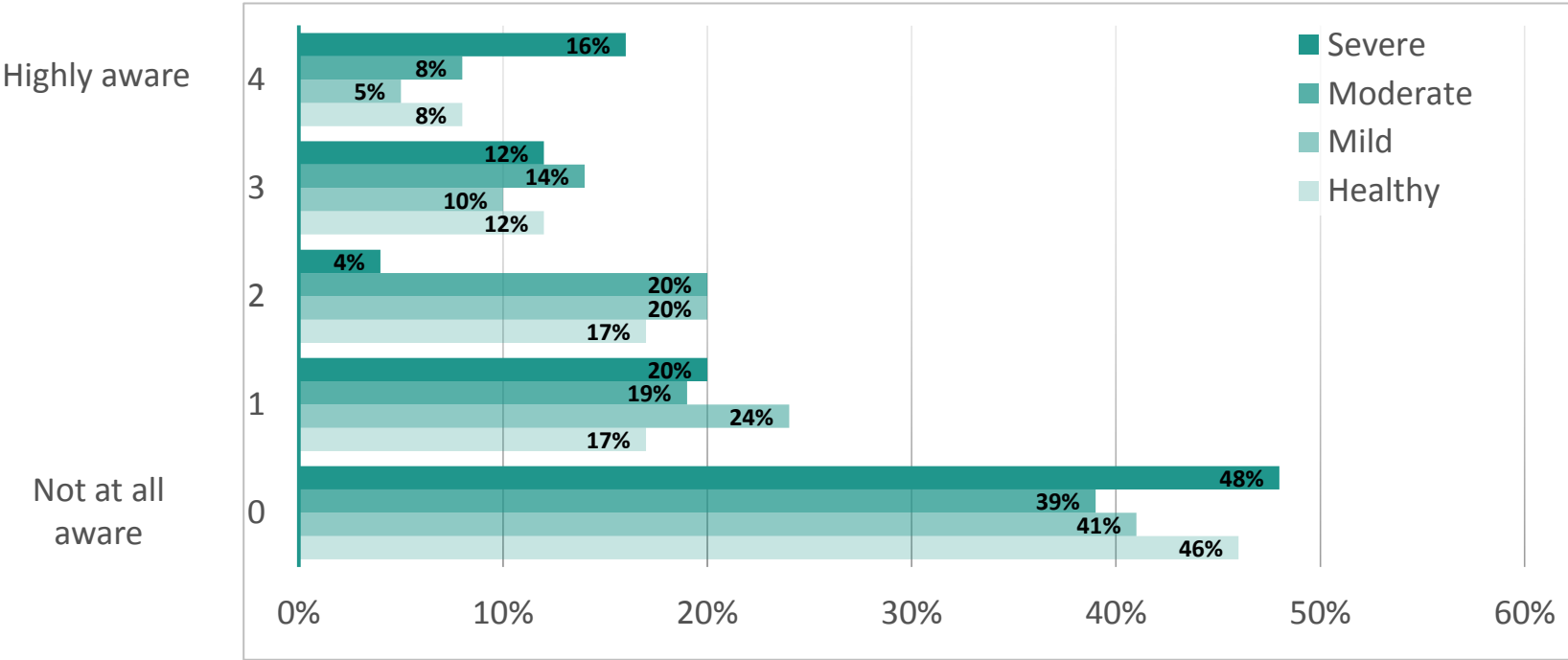
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Destigmatise mental health through a collaborate campaign delivered by UCL and UCLU.

Attitudinal work should be undertaken through an educational and emotive campaign, paying particular attention to the disproportionate level of perceived stigma suffered by male students with mental health difficulties.



# Awareness of Psychological Support Services at UCL by Mental Distress Scores





## Recommendation

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Identify designated staff contacts who will provide pastoral support.

These roles should be on a voluntary basis but include standardised training to enable staff to support students suffering with mental health difficulties.

# Awareness of Psychological Support Services at UCL by Mental Distress Scores

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“I spoke to my tutor just before I was about to leave and I was talking about these problems and symptoms.

He just brushed it off as if it was nothing and I think that if he actually acknowledged it at that time in first term I wouldn't be as bad as I am now.

I think if he did something about it then that I wouldn't be unwell now”



## Recommendation

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Destigmatise mental health through a collaborate campaign delivered by UCL and UCLU.

Attitudinal work should be undertaken through an educational and emotive campaign, paying particular attention to the disproportionate level of perceived stigma suffered by male students with mental health difficulties.



# Destigmatising





## How you can get involved

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- Sign our petition for increased provision within SPS:
- Start the conversation, help to destigmatise mental health by wearing your Heads Up badge and start talking!
- Visit our Disclosure Exhibition
- Ask your department who your Wellbeing Champion is and send this to Mehj at [WIO@uclu.org](mailto:WIO@uclu.org)



Thank you for listening

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Come and talk to us at our Heads Up stall

Mehj Ahmed: [WIO@uclu.org](mailto:WIO@uclu.org)

Sinéad Booth: [Sinead.Booth@ucl.ac.uk](mailto:Sinead.Booth@ucl.ac.uk)