Mental Health at ARU

The Counselling and Wellbeing Service at Anglia Ruskin University directly supports the student experience by providing professional counselling and mental health support. This is delivered through 1 to 1 individual sessions, online supported therapy, workshops, crisis intervention and drop in sessions.

We also help to ensure that there is an organisational wide understanding of mental wellbeing and appropriate responses to mental ill-health by providing consultation, training and awareness raising to staff and lead on process such as Fitness to Study and Cause for Concern.

Staff: Across two campuses

2017/18

Service Manager and therapist: x 1 full time cross campus
Counsellors: 2 full time / 1 part time 0.4 and 1 part time 0.8 post/ 2 term time 27 weeks
Mental Health Advisors: 1 part time 0.6 / 1 part time 0.5 / 1 full time / 1 Mental Health Mentor (through the EB)
Placement counsellors: 5

The total budget for Counselling and Wellbeing (staff and spending) for the same set of years.

<table>
<thead>
<tr>
<th>Type</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
<th>2017</th>
<th>2018 - Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>Staff</td>
<td>121,702</td>
<td>188,209</td>
<td>186,780</td>
<td>228,004</td>
<td>196,620</td>
<td>260,942</td>
<td>330,400</td>
</tr>
<tr>
<td>Costs</td>
<td>2,412</td>
<td>25,754</td>
<td>44,207</td>
<td>41,873</td>
<td>64,841</td>
<td>48,618</td>
<td>15,800</td>
</tr>
<tr>
<td>Total costs</td>
<td>124,114</td>
<td>213,963</td>
<td>230,986</td>
<td>269,877</td>
<td>261,461</td>
<td>309,560</td>
<td>346,200</td>
</tr>
</tbody>
</table>
Service Overview

Registered students:

2016/17 - 1,368 students registered with service; a 6% increase from 2015/16
2015/16 - 1,291 students registered with service; a 5% increase from 2014/15
2014/15 - 1,232 students registered with service; a 23% increase from 2013/14
2013/14 - 1,005 students registered with service; a 0.6% increase from 2012/13
2012/13 - 999 students registered with service; a 27% increase from 2011/12 (734)

Interventions offered:

2016/17 - 6,181 individual interventions were delivered; an increase of 8% from 2015/16
2015/16 - 5,706 individual interventions were delivered; an increase of 6% from 2014/15
2014/15 - 5,371 individual interventions were delivered; an increase of 17% from 2013/14
2013/14 - 4,507 individual interventions were delivered; an increase of 17% from 2012/13
2012/13 - 3,852 individual interventions were delivered

Since 2012/13, when we began recording individual interventions, there has been an increase in interventions of 60% (from 3,852 to 6,181).

Impact evidence from 2016/17:

Retention
Of those accessing the service who had been missing lectures, considering or planning to intermit or drop out, 71% said that the support they received changed this.

Employability
84% of students have said that our service has made a direct contribution to their confidence and / or focus regarding future employment.

Satisfaction
88% of respondents said they were satisfied with the support received.

Our online CBT platform is enabling faster response times for low-level mental health needs and is continuing to prove to be effective for users. In 2016/17, 133 students used this platform in conjunction with guidance from Counselling and Wellbing (an increase of 114% from 2015/16) and further 279 used it for self-guided therapy (an increase of 156% from 2015/16).

264 staff attended sessions in Mental Health First Aid/Lite, Dealing with Crisis and Mindfulness.