



Supporting Students' Mental Health & Wellbeing



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The COVID-19 pandemic and successive lockdowns have brought about an increased focus on mental health and well-being in higher education. A study by the mental health charity Mind, for example, found that **73% of students felt their mental health declined during the so-called 'first wave' of the pandemic.**

The health and welfare of all members of the University is everyone's concern. Staff can often be well placed to support students in crisis or emotional distress and can play important roles in signposting students to sources of support.

Below is a 4 minute extract from a conversation between Juliet Foster and Nicola Bryom of Kings College London, discussing the need for Universities to focus on student mental health in the face of COVID-19.

Links to some of the excellent support offered by our own Disability and Well-being team are also provided

Further Resources

[Strathclyde's Disability and Well-being Service](#) has produced a number of resources to support student mental health and well-being. These include:

- [Helping students in distress: a guide for staff](#)
- [Guide to stress free exams, personal circumstances and appeals](#)

A host of additional support is in place for staff can signpost students to including [Self-help Guides and Online CBT](#), [Emergency Contact details](#), and a

wide array of development and training for staff, which can be booked via the [DAT booking system](#)

Spotlight on COVID: Student mental health and wellbeing



Video: Dr Juliet Foster and Dr Nicola Byrom

Don't forget to leave your comments below and join the conversation