



Advice guide 19: Mental Health Support at Teesside University

Our mental health affects how we think and feel and how we cope with everyday life. Your University experience should be exciting and enjoyable but it's not unusual for students to encounter difficulties with their mental health and various forms of stress during their studies.

We have a team of specialist advisers and practitioners dedicated to supporting students with autistic spectrum conditions and/or mental health conditions. You'll find the team in the Student Life building.

We can offer a **free** and **confidential** service which includes:

- Working with you to set up your personalised Student Support Plan if you require reasonable adjustments for your course (see Disability Services for more information)
- Providing advice and support to address any concerns you may have about your mental health during your time at university
- Liaising closely with academic schools and staff regarding course related issues that may be having an impact on your wellbeing
- Exploring other services within the university that may enhance your experience of university life
- Making referrals and signpost to external support services as required, such as NHS services or other specialist services
- Referring you to the Teesside University Counselling Service

For more information

E: studentlife@tees.ac.uk

T: 01642342277

Monday - Friday: 8.00am - 6.00pm





Appointments for mental health and autism

Mental Health Initial Assessment

A Mental Health initial assessment is a 20-minute appointment with a mental health adviser which includes a holistic assessment of your needs and current concerns to explore appropriate internal or external support.

Possible outcomes of the assessment may be:

- Supporting you to connect with your GP
- Referrals into external services (NHS, Student's union, and specialist services)
- Referrals into internal services including counselling, welfare, sleep and lifestyle clinics
- Liaising with other internal departments such as finance, international, accommodation
- Access to further appointments for developing strategies to manage anxiety and low mood

Mental Health appointment

After your Mental Health initial assessment, you may be offered further appointments with a mental health adviser or mental health practitioner. A mental health appointment usually lasts up to one hour and can include working with you in areas of:

- Development of strategies to manage your mental health e.g., mood and anxiety management, motivation, confidence etc.
- Development of strategies if your mental health is having an impact on a study activities such as presentations and group work
- Supporting you through a referral process to specialist services
- Supporting you to create a safety plan
- Support with liaising with your GP or specialist to access appropriate support

Booking an appointment to discuss your mental health

You can book a **Mental Health initial assessment** by contacting the Student Life enquiry team via studentlife@tees.ac.uk or by calling on 01642 342277.

Further **Mental Health Appointments** are not bookable by students however if you feel you may benefit from this, please arrange to attend a Mental Health initial assessment.





Teesside University Counselling Service

Our Counselling Service is dedicated to providing you with quality counselling and emotional support through a range of different pathways. The Counselling Services provided by Student and Library Services are offered free of charge.

Counselling provides a safe and confidential space in which to explore your feelings or anything that that may be affecting your ability to function well. Often, therapeutic work has a lifelong legacy and can equip you with the necessary skills to navigate your way through future challenges.

All of our Counsellors are fully qualified and work within the BACP, BPS or BABCP codes of ethics and practice.

One-to-One Counselling

The Counselling Service offers one-to-one counselling within a time limited framework across a variety of different formats. Our Counsellors offer face to face appointments, video, audio, email, and live chat counselling through Microsoft Teams.

Our Counsellors all have their own specialisms and personal therapeutic interests that include trauma work, issues that have come out of early attachment relationships, animal assisted therapy, sand tray therapy and difficulties with anger among others.

Grief and Loss Pathway

Most people experience grief when they lose something or someone important to them. The grief and loss pathway are available to students who are experiencing loss and would like to access support to come to terms with this.

Workshop Programme

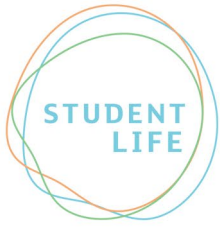
The Counselling Service deliver a workshop programme supporting key issues that you may require support with. You may be referred to a workshop following your initial counselling assessment; however, you can also request a place yourself.

Our current workshops include **Understanding anxiety and Sleep Hygiene**

Accessing Counselling

You can request a counselling assessment by contacting either studentlife@tees.ac.uk or counselling@tees.ac.uk





Student Assistance Programme

The Student Assistance Programme is a free 24- hour confidential helpline to support our students through any of life's issues or problems.

The Student Assistance Programme can provide support and advice around the following:

- Stress and anxiety
- Bereavement
- Counselling
- Relationship advice
- Financial wellbeing
- Family or childcare concerns
- Legal information
- Tenancy and Housing concerns
- Medical information
- Alcohol and Drugs issues
- Student issues

You can call the helpline on **0800 0283766** or download the app '**My Healthy Advantage**' to access self-help resources and also to contact a team of counsellors via telephone, email or video call.

Urgent Mental Health Support

If during your time here at Teesside you feel that your mental health is having a significant impact on you, if you feel that you are in crisis, have self-harmed, or feel that you are unable to keep yourself safe, we are able to offer advice.

Crisis Support

If you feel unable to keep yourself safe and are experiencing a mental health crisis such as feeling close to acting on suicidal thoughts, please contact **emergency services (999)** or your local **crisis team**.

The crisis team are available to speak to you **24 hours a day, 7 days a week** if you require urgent assistance. You can call the Middlesbrough crisis team on **0800 0516 171**

IF you are unsure of your local crisis team number, you can find it by following this link:

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline/location>





The crisis team will talk to you about your current needs and explore ways in which you can be supported. Middlesbrough's local crisis team is also based in Roseberry Park Hospital.

We can also offer support and advice during office hours - please contact the Student Life Enquiry Team on 01642 342277 or come to the **Student Life building reception**.

If you would like some self-help information or out of hours support, please refer to [Urgent help and support for mental health](#)

