Specialist mental health mentoring at UCL

What is mentoring?
Mentoring is a specialist form of support that aims to help you mitigate the impact of your mental health condition on your studies here at UCL. Mentoring involves meeting regularly with a mentor who has a specialist awareness of mental health and the student experience. Mentoring should be seen as distinct from counselling and community mental health treatment. It should not replace any therapeutic or medical support that you have in place.

Mentoring sessions can:
- Help you identify any barriers to your learning and help you develop relevant coping strategies.
- Work with you to develop practical study skills, including time-management, prioritisation, organisation and problem-solving skills.
- Help you to reflect on past learning experiences as well as prepare for new experiences that you may be concerned about (e.g. presentations).
- Help you learn strategies to prepare for and cope with deadlines and exams.
- Work with you to identify your strengths and improve your confidence.
- Work with you to improve your communication in times of difficulty.
- Work with you to achieve greater independence within your studies.

Who is eligible for mentoring?
Mentoring is available for current UCL students who are registered with Student Disability Services and have a mental health difficulty. Students should discuss a referral to mentoring specifically with the mental health advisor.

Confidentiality
If you have a mentor, information will be passed in confidence between the disability services staff and the mentor on a ‘need to know basis’. Your discussions with the mentor will be treated confidentially and not passed on to anyone outside of student disability services without your specific consent.

How often will I meet with my mentor?
Your mentor will discuss with you at the first meeting how many sessions you will have, how often you would like to meet, where and when. You’ll agree the best way to keep in contact with each other. Please note – if you sign up for the mentoring scheme you will be expected give at least 24 hours’ notice if you are unable to attend.

Do I have to pay for mentoring?
No – if you are a Home Student we can support you to apply for Disabled Students Allowance which will fund the service. International and EU students are also entitled to mentoring at no personal cost.

If you are interested in finding out more about mentoring please contact Student Disability Services and ask to speak to the mental health adviser.

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