

## Fact sheet 2

### Staff/training

<p>Number of staff assigned to assist students with mental health issues or working within mental health in pastoral care departments</p>	<p><b>2012-13:</b> 9.6FTE, of which 0.8FTE where psychiatrists and the remainder were cognitive behavioural therapists or psycho-analytic psychotherapists.</p> <p><b>2013-14:</b> 9.6FTE, of which 0.8FTE where psychiatrists and the remainder were cognitive behavioural therapists or psycho-analytic psychotherapists.</p> <p><b>2014-15:</b> 11.1FTE, of which 0.8FTE where psychiatrists and the remainder were cognitive behavioural therapists or psycho-analytic psychotherapists.</p> <p><b>2015-16:</b> 13.1FTE, of which 0.8FTE where psychiatrists and the remainder were cognitive behavioural therapists or psycho-analytic psychotherapists.</p> <p><b>2016-17:</b> 13.1FTE, of which 0.8FTE where psychiatrists and the remainder were cognitive behavioural therapists or psycho-analytic psychotherapists.</p> <p><b>2017-18:</b> 13.1FTE, of which 0.8FTE where psychiatrists and the remainder were cognitive behavioural therapists or psycho-analytic psychotherapists.</p>
<p>The number of counsellors the university employed on a full-time or part-time basis over the last five academic years (2013-14, 2014-15, 2015-16, 2016-17 and 2017-18)</p>	<p><b>Student Psychological Services (SPS)</b></p> <p><b>SPS 2013-2014:</b> 9.6 FTE permanent staff.</p> <p><b>SPS 2014-15:</b> 11.1 FTE permanent staff 29 sessional staff, doing between 3 and 9 counselling sessions a week.</p> <p><b>SPS 2015-16:</b> 13.1 FTE permanent staff. 26 sessional staff, doing between 3 and 9 sessions a week.</p>

	<p><b>SPS 2016-17:</b> 13.1 FTE permanent staff. 18 sessional staff, doing between 3 and 9 sessions a week.</p> <p><b>SPS 2017-18:</b> 13.1 FTE permanent staff. 20 sessional staff, doing between 3 and 9 sessions a week</p>
The number of Mental Health Advisors (or equivalent) employed by the university.	<p>In the 2018-19 academic session: Student Support and Wellbeing (SSW), includes 10.2 FTE who provide mental health support to students who work both with and independently from the counselling service. SSW additionally employs a number of mental health specialists on an ad-hoc basis.</p> <p>While they are located in SSW, the mental health advisors work closely with the SPS team, particularly with respect to students with complex mental health needs.</p>
The number of administrators or utilise any administrative support within the counselling service	SPS has 2.2 FTE administrators who support the running of the department from 9am to 9pm Mondays to Fridays.
The training provided to personal tutors, and staff members that come in contact with students, on mental health and your services	<p>The SSW team offer some training events through UCL Arena as well as Mental Health First Aid training in collaboration with Occupational Health and Wellbeing (OHW).</p> <p>The SSW team provide the following training through UCL Arena:</p> <ul style="list-style-type: none"> <li>– Introduction to Trans Awareness (delivered by Gendered Intelligence). This 2 hour course provide participants with the basic knowledge of trans issues and covers areas such as trans terminology, key concepts in understanding trans people, outlines legislation related to trans identities and provides ways an organisation can be trans-inclusive.</li> <li>– Best practice in responding to disclosure of sexual violence (delivered by Rape Crisis). This course examines the myths and facts surrounding sexual violence and discusses best practice to responding to a person who discloses sexual violence.</li> </ul> <p>The majority of courses are provided through SSW via UCL Arena however, the OHW team have delivered a number of mental health first aid (MHFA) courses. Over the next term this will be increasing staff become MHFA instructors and deliver the training</p>

	<p>internally at UCL.</p> <p>We have also supported Suicide First Aid through understanding suicide interventions and some 60 minute briefing sessions around Spotting the Signs of Suicide. We are providing 12 of these sessions in the next academic year.</p> <p>The OHW team have also delivered bespoke sessions around self-care and signposting at UCL.</p>
<p>Number of FTE counsellors/ psychologists were employed</p>	<p><b>SPS 2014-15:</b> 10.3 FTE permanent staff</p> <p><b>SPS 2015-16:</b> 12.3 FTE permanent staff</p> <p><b>SPS 2016-17:</b> 12.3 FTE permanent staff</p> <p><b>SPS 2017-18:</b> 12.3 FTE permanent staff</p>
<p>The number of staff qualified to deal with mental health issues and support within disability services</p>	<p>13.4 + &lt;1 head of service currently employed to deal with mental health issues within the disability service.</p>
<p>Number of dedicated mental health counsellors on site at UCL for students</p>	<p>Student Psychological Services (SPS)</p> <p><b>SPS 2010-11:</b> 7.22 permanent staff.</p> <p><b>SPS 2011-12:</b> 7.22 permanent staff.</p> <p><b>SPS 2012-13:</b> 9.6 FTE permanent staff.</p> <p><b>SPS 2013-14:</b> 9.6 FTE permanent staff.</p> <p><b>SPS 2014-15:</b> 11.1 FTE permanent staff; 29 sessional staff, doing between 3 and 9 counselling sessions a week.</p>

	<p><b>SPS 2015-16:</b> 13.1 FTE permanent staff; 26 sessional staff, doing between 3 and 9 sessions a week.</p> <p><b>SPS 2016-17:</b> 13.1 FTE practitioners, including psychiatrists, psycho-dynamic counsellors and cognitive behavioural therapists; 18 sessional staff, doing between 3 and 9 sessions a week.</p> <p><b>SPS 2017-18:</b> 13.1 FTE practitioners, including psychiatrists, psycho-dynamic counsellors and cognitive behavioural therapists; 20 sessional staff, doing between 3 and 9 sessions a week.</p>
<p>The risks recorded and monitored</p>	<p>There are two risk questions on the SPS registration form which, students are asked to fill in before an appointment is made for them.</p> <p>The first set of questions relates to academic risk. Students are asked if they are at risk of dropping out of college, interrupting their studies and/or of failing all or part of their course.</p> <p>The second set of risk questions relates to suicidality. Students are asked if they have suicidal thoughts, have attempted suicide in the past, have a suicidal plan, intention to carry it out and whether someone in their family has attempted or committed suicide. Students who are at medium or high risk are put on the SPS risk register and are only taken off the register if the risk no longer exists.</p> <p>Colleagues in Student Support and Wellbeing are also sent a weekly list of students who are at academic or suicidal risk so that they are aware of the student should they approach them for support.</p> <p>Over the past five academic years the statistics below show the numbers of students registered with counselling who have been identified as being 'at risk'.</p> <p><b>SPS 2013-14:</b> 557 students reported having suicidal thoughts.</p>

	<p><b>SPS 2014-15:</b> 697 students reported having suicidal thoughts.  <b>SPS 2015-16:</b> 850 Students reported having suicidal thoughts.  <b>SPS 2016-17:</b> 983 students reported having suicidal thoughts.  <b>SPS 2017-18:</b> 739 students reported having suicidal thoughts between 1st August 2017 and 21st May 2018.</p>
<p>Number of students who registered for counselling support</p>	<p><b>SPS 2013-14:</b> 2,544 students  <b>SPS 2014-15:</b> 2,620 students  <b>SPS 2015-16:</b> 3,022 students  <b>SPS 2016-17:</b> 3,023 students  <b>SPS 2017-18:</b> 2,410 students (registered between 1st August 2017 and 21st May 2018)</p> <p><u>Care First</u>  Care First is a telephone counselling service that students can access out of office hours. Please note that the Care First reports run annually from July and date from 2015-16. The number of students registered with Care First includes students who accessed support via telephone counselling and online counselling.</p> <p>2015-16: 34  2016-17: 88</p>