

7. APPENDIX: FURTHER REFERENCES AND RESOURCES

This section contains some further references and suggestions for further resources which may be useful in following up any aspect of the content of this manual in more detail ([section 7.1](#)). Also included are sample flow charts summarising practical guidelines for both staff and students supporting students with possible mental health difficulties ([section 7.2](#)).

7.1 References and resources

Special note: this section is not intended to be an exhaustive list of links or resources – there are many more and it is hoped that this will be built upon in the future development of this manual as people contribute further suggestions and references.

- **General resources**

AMOSSHE (Association of Managers of Student Services in Higher Education): <http://www.amosshe.org.uk>
Email: info@amosshe.org.uk Tel: 01962 827554

AUCC (Association for University and College Counselling):
Contact BAC (British Association for Counselling and Psychotherapy):
<http://www.counselling.co.uk> (AUCC is under 'expert areas')
Email: bac@bac.co.uk Tel: 01788 550899

HUCS (Heads of University Counselling Services): <http://www.hucs.org>;
<http://www.studentcounselling.org>

SKILL (National Bureau for Students with Disabilities): <http://www.skill.org.uk>
Email: info@skill.org.uk Tel: 020 7450 0620

- **Some references, projects and contacts on student mental health issues in higher education institutions**

Coventry University: good practice on establishing a mental health support service, creating co-operative agreements with local healthcare trusts and production of guidelines on identifying and supporting students with mental health difficulties.

Email: d.cunningham@coventry.ac.uk (Mental Health Co-ordinator)

Hull University: a HEFCE funded project was undertaken concerned with responding effectively to students' mental health needs. A book is published in February 2002: 'Students' Mental Health Needs, Problems and Responses', edited by Nicky Stanley (Senior Lecturer in Social Work, University of Hull) and Jill Manthorpe (Reader in Community Care, University of Hull), ISBN 1 85302 983 1, published by Jessica Kingsley Publishers. Chapters include the issue of student suicide and a further report on this subject can be obtained from N.E.Stanley@hull.ac.uk.

Leicester University: Student Psychological Health Project (a HEFCE funded project) resources including training materials.
<http://www.le.ac.uk/edsc/sphp>

University College Northampton: good practice guides on supporting students experiencing mental health difficulties, including guidelines for making special examination arrangements, guidance for invigilators on panic attacks and how to manage them and procedures for advising and managing a student in distress.
<http://www.northampton.ac.uk> (see under Student Services – guidance and information for staff)

Nottingham Trent University, Loughborough University, South Nottingham College and Loughborough College: HEFCE funded project concerned with the collaborative development of support and transition initiatives for students with mental health difficulties.
<http://www.ntu.ac.uk/sss/projects/mentalhealth>
(Also involvement by University and Loughborough College in development of website: <http://www.dstress.org.uk>)

Oxford Brookes University: Oxford Student Mental Health Network, an action research project (HEFCE funded) focusing on student mental health issues in Oxford.
<http://www.brookes.ac.uk/osmhn>

University of Teesside: website providing information and guidance for anyone who is experiencing a mental health difficulty or anyone who is supporting someone in distress.
<http://www.tees.ac.uk/mentalhealth>

- **Useful references and resources on mental health issues (including training materials and information leaflets)**

"Contact: A Directory for Mental Health": an extensive directory of resources and organisations produced by the Department of Health in association with Focus on Mental Health <http://www.doh.gov.uk/mentalhealthcontact>
Email: doh@prolog.uk.com Fax: 01623 724524

Bristol Crisis Service for Women (training and information on self-injury):
<http://www.users.ecknet.co.uk/bcsw> Tel: 0117 9251119

Depression Alliance: Tel:0207 207 3293

Eating Disorders Association: <http://www.eduak.com>

Email: info@eduak.com Tel: 01603 619090

Manic Depression Fellowship: Email: mdf@mdf.org.uk Tel: 0207 793 2600

Mental Health Foundation: <http://www.mhf.org.uk>
Email: mhf@mhf.org.uk Tel: 0207 535 7400

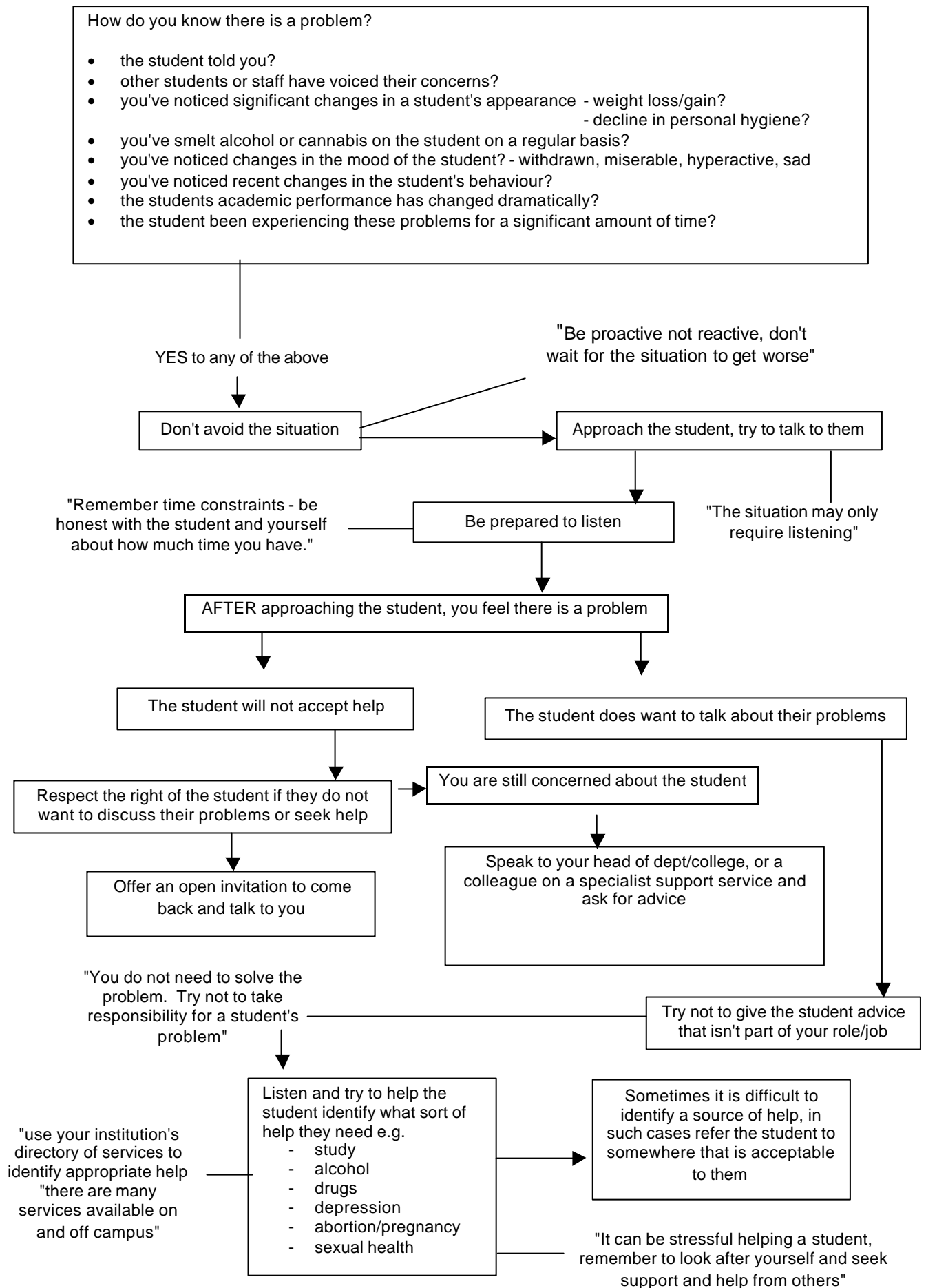
Mind: <http://www.mind.org.uk>
Email: contact@mind.org.uk Tel: 020 8519 2122

Mindout for Mental Health: <http://www.mindout.net>

NSF (National Schizophrenia Fellowship): <http://www.nsf.org.uk>
<http://www.at-ease.nsf.org.uk> (young peoples web site)
Email: info@nsf.org.uk Tel: 0207 330 9100/01

Papyrus (Parents for the prevention of young suicide): Tel: 01706 214449

7.2.1 Practical guidelines for staff supporting students with possible mental health problems



7.2.2 Practical Guidelines for Students supporting others with possible mental health problems

