

# STUDENT HEALTH & WELLBEING: FACTS AND FIGURES

## INTRODUCTION

In common with other Scottish Universities, Heriot-Watt University has experienced a significant increase in the number of requests for information for data relating to student mental ill-health, access to counselling services and health & wellbeing funding.

In order to minimise the impact of the requests on staff who provide the Counselling services, we have compiled these facts and figures based on the information requested by journalists, members of the public and Mental Health Charities.

## NUMBERS OF STUDENTS ATTENDING COUNSELLING AT OUR SCOTTISH CAMPUSES

We present these figures as they are recorded and span the last 5 academic years.

Academic year	Presenting with Anxiety or Depression	As a % of students/ Scottish campuses
2012-2013	284	4%
2013-2014	316	4%
2014-2015	430	5%
2015-2016	526	6%
2016-2017	457	4%

Academic year	Other*	As a % of students/ Scottish campuses
2012-2013	128	2%
2013-2014	126	1%
2014-2015	85	1%
2015-2016	132	1%
2016-2017	306**	3%

\*This includes students seeking counselling for a range of other issues e.g. academic, financial.

\*\* Our University introduced a new recording system in the 2016-17 Academic year. The 'other' category now also includes academic issues, relationships, self and identity, etc.

The number of students at our Scottish campuses has increased by 17% over the same period.

Local counselling arrangements are also in place to support our students at the Dubai and Malaysia campuses. For additional information, please email us at [foi@hw.ac.uk](mailto:foi@hw.ac.uk)

## HEALTH AND WELLBEING: FUNDING AND STAFFING LEVELS

Our Counselling Service forms part of the larger Professional Services group: Academic Registry and at present the costs are not broken down to the functional level.

To reflect the increased demand, the staffing level has increased from 1.7 full-time equivalents (FTE) in 2012/13 to 3.1 FTEs in 2015/16 et seq.

## HOW WE SUPPORT OUR STUDENTS

- We have introduced daily drop-in counselling sessions so that our students can access support straight away
- We also aim to see individuals within our 10 working day target
- Increased the number of group work sessions, to include developing skills in mindfulness and in dealing with social anxiety, with exam stress and in overcoming nerves when making presentations
- We have launched our new Student Wellbeing Centre bringing together counselling and support services, disability support services, specialist support services for mental health and support for students who may be struggling academically
- Any of our students going through a tough time can now access free online support with [Big White Wall](#): a service that provides 24/7 online peer and professional support
- We also have a [Student Mental health policy](#) as well as a [staff leaflet](#) on Student mental ill health.

## ADDITIONAL READING

As additional contextual information, we thought you might find the following report from Universities UK useful:

<http://www.universitiesuk.ac.uk/policy-and-analysis/reports/Pages/student-mental-wellbeing-in-higher-education.aspx>

You may also find the [Royal College of Psychiatrists' Report on the Mental Health of Students in Higher Education in 2011](#) useful as additional background information.