Terms of reference

Our shared vision is for UK universities to be places that promote mental health and wellbeing, enabling all students and all staff to thrive and succeed to their best potential.

We will achieve our vision by all universities adopting mental health as a strategic priority and implementing a whole university approach.

StepChange: Mentally Healthy Universities [2020]

Achieving our shared vision for the mental health and wellbeing of students and staff in higher education demands a sustained improvement effort across multiple determinants, stakeholders, organisations, populations and systems.

Across an increasingly busy space, it is an approach that rests on a shared vision and an agreed strategy implemented through purpose-driven partnerships and networks, with visible alignment between partners.

Our strategic approach is set out in StepChange: Mentally Healthy Universities and associated frameworks and guidance, Suicide Safer Universities and Minding our Future[1][2][3], the Healthy Universities Framework[4], the Universities Mental Health Charter[5] and the Mind Mentally Healthy Universities initiative[6].

It is the approach endorsed by government[7], by the higher education sector regulator[8] and the NHS[9].

Objectives of the group

The Mental Health in Higher Education Advisory Group exists:

- to develop, agree and refresh our vision and approach;
- to advise and align activity;
- to convene perspectives and stakeholders; and
- to share evidence and emerging practice.

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[1] https://www.universitiesuk.ac.uk/stepchange-mhu
[2] https://www.universitiesuk.ac.uk/policy-and-analysis/reports/Documents/2018/guidance-for-universities-on-preventing-student-suicides.pdf
[3] https://www.universitiesuk.ac.uk/minding-our-future
[4] https://healthyuniversities.ac.uk/healthy-universities/model-and-framework-for-action/
[5] https://www.studentminds.org.uk/charter.html
[6] https://www.mind.org.uk/workplace/working-with-universities/
[7] https://dfemedia.blog.gov.uk/2018/09/16/minister-gyimah-universities-must-ensure-their-mental-health-services-are-fit-for-purpose/
[8] https://www.officeforstudents.org.uk/media/ea2035b1-06fb-4cea-8525-443fb90b50eb/ofs2018_41.pdf
[9] https://www.longtermplan.nhs.uk/online-version/chapter-3-further-progress-on-care-quality-and-outcomes/a-strong-start-in-life-for-children-and-young-people/children-and-young-peoples-mental-health-services/

Membership of the group

Steve West (UUK) [Chair]

Jayne Aldridge (AMOSSHE)
Caroline Bicknell/Amy Hatt/Mike Lewis (DfE)
Nicola Byrom (SMARTEN)
Marie Clark (IHE)
John de Pury/Amy Dicks (UUK)
Marian Davis (RCGP)
Mark Dooris (Healthy Universities)
Rebecca Dunn (DHSC)
Hamish Elvidge (Matthew Elvidge Trust)
Andrew Berrie (Mind)
Peter Fonagy (UCL)
Pamela Gillies (US)
Gregor Henderson (Public Health England)
Nancy Hey (What Works Centre Wellbeing)
Roshan Israni (UCEA)
Paul Jenkins (NHS Confederation MH Network)
Clare Lamb/Nicole Fung (RC Psych)
Gary Loke (Advance HE)
Chris Millward/Amy Norton (OfS)
Claire Murdoch/Ursula James (NHS England)
Alan Percy (MWBHE)
Virginie Assal/Simmone Ahiaku (NUS)
Sandeep Ranote (GMHSC)
Martin Stringer (UW)
Rosie Tressler (Student Minds)
Simon Wessely (KCL)
Kate Wicklow (GuildHE)

Meetings

During the Covid-19 pandemic the group will meet remotely every six weeks.

Terms of reference

To be reviewed annually