Greater Manchester Universities Student Mental Health Service
Service Information
A landmark new service available for Greater Manchester Higher Education Institute students.

Over the last few months Greater Manchester NHS Foundation Trust (GMMH) has developed a new GM Universities Student Mental Health Service in partnership with GM universities and supported by the Greater Manchester Health and Social Care Partnership and Clinical Commissioning Groups. The new GMMH Service is part of the Manchester Central and Citywide division.

GM universities currently offer students in-house mental health support through Counselling and Wellbeing Services, which vary in structure, range and capacity across the universities. What is common to them all is that demand for mental health support has significantly increased. As the student population has grown and become more diverse the levels of complexity, severity and risk have also grown in line with that of the general population.

The aim of the service is to provide proactive mental health assessment, support and interventions to enable students to fulfil their university ambitions and experience. Students with pre-existing mental health problems or those whose mental health problems emerge whilst at university will be supported to succeed and to manage their mental health problems.

To achieve this the GMMH service will:

- Develop a responsive mental health service, informed and co-produced by the engagement of students with lived experience, by integrating existing university mental health services with the GM Universities Student Mental Health Service
- Develop integrated mental health pathways between the University Counselling and Wellbeing Services, the GM Universities Student Mental Health Service, mainstream mental health services and Voluntary, Community and Social Enterprise (VCSE) services
- Reduce waiting times to access mental health support
- Improve access to support for vulnerable groups
- Improve student satisfaction with mental health services
- Provide timely access to a wider range of mental health interventions, case management, psychological interventions and mental health treatment within the universities

**GM Universities Mental Health Service**
- Dealing with more severe mental ill health
  - In house treatment provision
  - Advice on referral/ managing risk
  - Student specific assessment
- Care navigation – linking to other services
  - Repository of information on social prescribing/ other support services
  - Planned discharge – link back to uni services
The GM Universities Student Mental Health Service comprises of a Consultant Psychiatrist, Clinical Psychology/Psychological Therapy, Senior Mental Health Nurses and operational management and administration.

**Referral Process**

Referrals to the service will be via the university the student attends. The university’s Counselling and Wellbeing Services are the first line of mental health support for students and will act as gatekeeper to the GM Universities Student Mental Health Service. Referrals will be via these existing university services, not an open referral system. This will not only support the management of demand and capacity of the GM Universities Student Mental Health Service, but it will also enable the ‘step up/step down’ process to operate effectively with referrals being made back to those services when the interventions by the GM Universities Student Mental Health Service have concluded; or referral may be onto secondary care mental health services for those students who require care under the CPA framework.

When a member of the university Counselling and Wellbeing Services sees a student for their first appointment, a key goal for that session will be to confirm whether their needs are appropriately met by the service, in line with the service criteria or if referral to the GM Universities Student Mental Health Service is required.

The contact information for the GM Universities Counselling and wellbeing services for initial referrals are below:

**University of Manchester**, Crawford House, 5th floor  
Tel number for referrals: 0161 275 2864  
Email for referrals: counselling.service@manchester.ac.uk  
Website information: [https://www.counsellingservice.manchester.ac.uk/](https://www.counsellingservice.manchester.ac.uk/)

**Manchester Metropolitan University**, Business School (currently in temporary space)  
Tel number for referrals: 0161 247 3493  
Email: counselling@mmmu.ac.uk  
Website information: [https://www2.mmu.ac.uk/counselling/contact-us/](https://www2.mmu.ac.uk/counselling/contact-us/)

**University of Salford Counselling and Wellbeing Service**, University House, Salford Crescent  
Tel number for referrals: 0161 295 0023  
Email: wellbeing@salford.ac.uk  
Website for more information: [https://www.salford.ac.uk/askus/our-services/wellbeing-and-counselling/contacting-us](https://www.salford.ac.uk/askus/our-services/wellbeing-and-counselling/contacting-us)

**University of Bolton**, Life Lounge, Chancellor Building  
Tel number for referrals: 01204 903067  
Email: MHAdvisor@bolton.ac.uk  
Website for more information: [https://www.bolton.ac.uk/studentservices/lifelounge/](https://www.bolton.ac.uk/studentservices/lifelounge/)

**Royal Northern College of Music**  
Tel number for Counselling & Wellbeing referrals: 0161 907 5219  
Email: wellbeing@rncm.ac.uk  
Website for more information: [www.rncm.ac.uk/wellbeing](http://www.rncm.ac.uk/wellbeing)
Further information
The main base of the new team is ground floor, Crawford House, University of Manchester where the team will see students from the universities based in the city. Additional clinics will be delivered at University of Salford and University of Bolton.

Go live date for the new GM Universities Student Mental Health Service is Monday September 30\textsuperscript{th}
For further information please contact Simon Postlethwaite (Operational Manager) at Simon.postlethwaite@gmmh.nhs.uk

This is a two-year pilot and will be subject to a formal evaluation led by Greater Manchester Health and Social Care Partnership and University of Manchester.