

MENTAL HEALTH & HIGHER EDUCATION

GUEST LECTURE by Simah Khalid

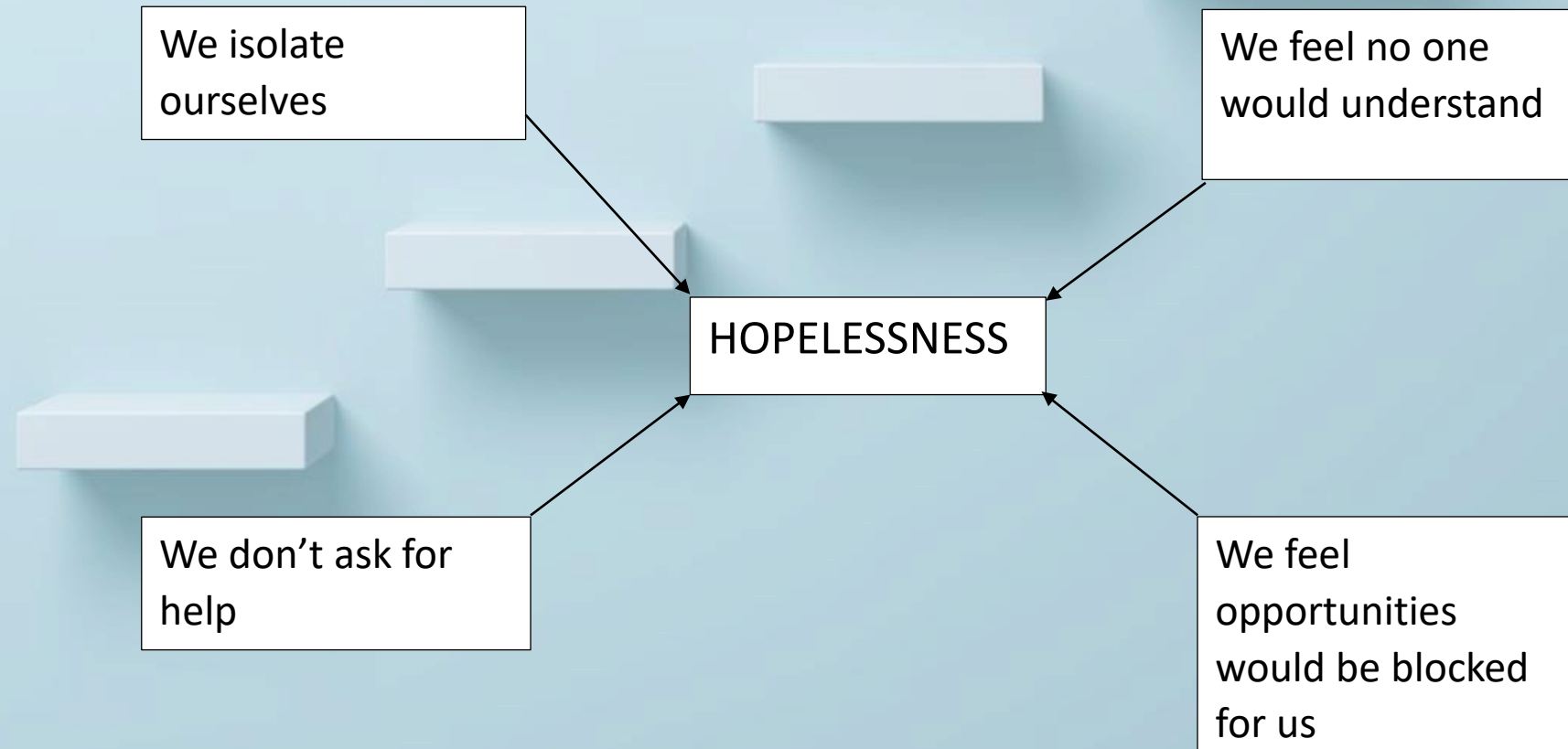
MENTAL HEALTH DURING HIGHER EDUCATION

- Stigma & Culture
- Academic Pressure
- Study Skills & Support
- NHS Resources & Access
- Future Employability

TYPES OF STIGMA

Type of Stigma	Definition	Example
Public	Negative attitude that others have about Mental Illness	Discrimination
Self	Negative attitude that people have about their own condition	Shame
Institutional	Systemic negative attitudes that limit opportunities for people with Mental Illness	Policies

DUE TO STIGMA:



IMPACT OF CULTURE ON:

- **Understanding Symptoms:** Will we talk about our emotional symptoms as well as we do about our physical ones?
- **Community Support:** Will our family/friends lend us the support we need?
- **Resources:** Difficult and time-consuming to find
- **Future:** Will I get the opportunities I want in life?

ACADEMIC PRESSURE



False Expectations vs The Reality of University Life



STUDY SKILLS & SUPPORT

Takes longer to complete assignments when dealing with Mental Health issues

Coping with covering missed work

Questioning your own academic ability

Feeling unsupported by universities

No regular routine for assignments, deadlines for multiple pieces on the same day

Applying for extensions and extenuating circumstances can be complicated

Delayed communication with tutors.

NHS RESOURCES & ACCESS

Stigma towards talking to professionals for treatment

Need of better abled GPs

Up to 2 years waiting time

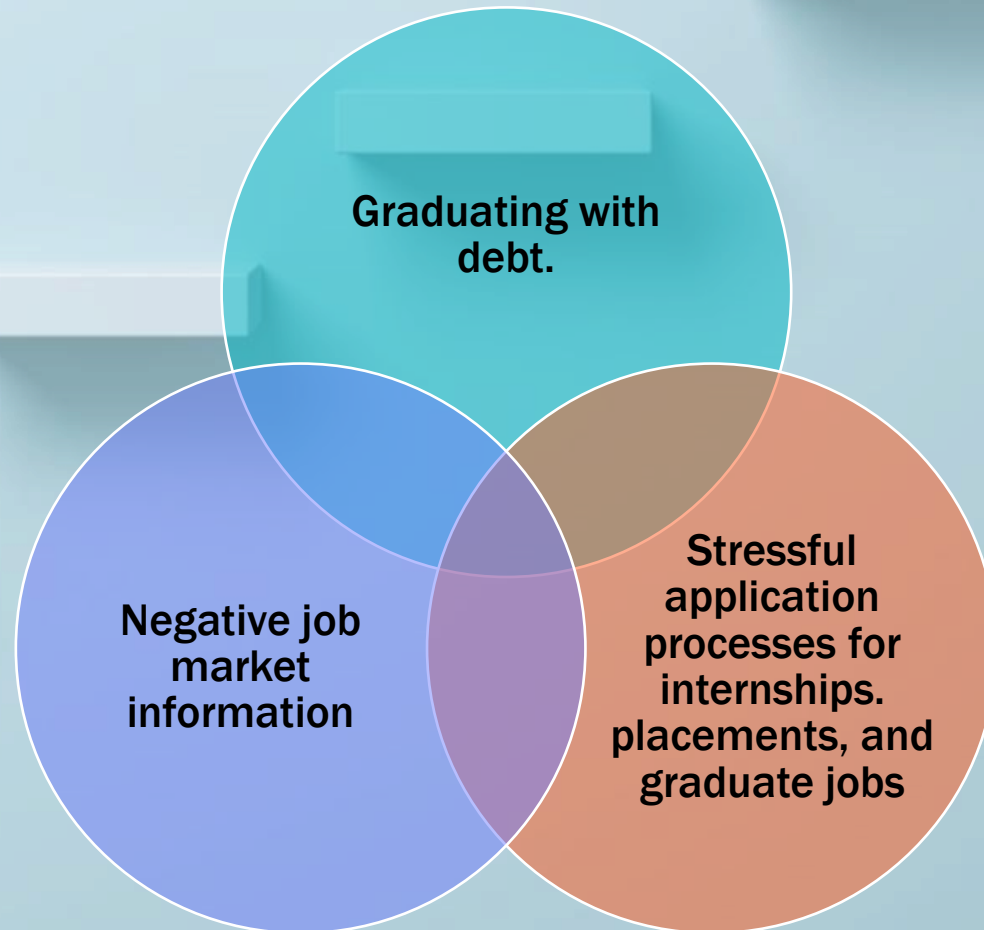
Students become inpatients or end up in A&E

Students passed from pillar to post

Different types of support for different types of students is needed

Use of over medication rather than providing initial peer and social support

ADDITIONAL PRESSURE ON FUTURE EMPLOYABILITY



MY PERSONAL ADVICE

It is important that you take ownership of your Mental Health. Without work, time, and patience no resource or support will be helpful.

The information and support is out there. If one does not work for you then try another.

Being intelligent does not mean that you will not have issues with Mental Health at least at some point in your life. Likewise, having Mental Health problems does not mean you are unintelligent.



QUESTIONS

How has Covid-19 exacerbated Mental Health Issues?



QUESTIONS

Is there gender divide and difference between how males and females approach Mental Health?



QUESTIONS

How do you think we can counteract the stigma around
Mental Health issues?

PRACTICAL TIPS

- Use resources
- Stay present
- Learn new skills
- Use positive self-talk
- Take responsibility for mistakes
- Forgive yourself
- Focus on what you can control
- Practice good self-care

REFERENCES

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