

## The University of Liverpool



## Mental Health Advisory Service

### THE MENTAL HEALTH ADVISORS

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**Our goal is to support students experiencing mental health problems. We aim to support undergraduate and postgraduate students with mental health needs to successfully and safely complete their studies.**

**We have an ethos of positive mental wellbeing for the University community and work to a recovery model with the emphasis on the ability to achieve in life and manage mental health issues.**

### WHO WE ARE

The University of Liverpool has four Mental Health Advisors who work within Student Services.

The Mental Health Advisory Service form part of the larger Student Services team which consists of the Counselling Service, and the Student Welfare Advice and Guidance Service (Wellbeing Advisors, Disability Advisors, International Student Advisors and Money Advice and Guidance Advisors). We also work in conjunction with the University's Learning and Teaching Support Officers and external partners.

## WHO IS APPROPRIATE FOR MENTAL HEALTH ADVISOR INPUT?

The Mental Health Advisors aim to offer a variety of services to students who are experiencing a range of mental health needs. These services are listed below:

- The provision of consultation to students who are experiencing a significant level of mental distress.
- The development of shared action plans with students based on the consultation.

The action plans may include advice to:

- seek specialist assessments and treatment from their GP or other NHS providers.
  - the creation of plans involving other elements of the University's academic support and wellbeing services.
  - specific actions to be taken by students and ongoing support from the Mental Health Advisors.
- Staff will assess risks to students when appropriate and provide interventions aimed at risk management.

- Provide advocacy in relation to student contact with non-university mental health related services if required.
- Coordinate the support of students experiencing mental health crisis when at University in partnership with other relevant workers and services both from within the University and outside of the University.
- Liaise with mainstream NHS and Local Authority departments as required.

## WHO IS APPROPRIATE FOR MENTAL HEALTH ADVISOR INPUT?

The following are examples of students who may benefit from contact with a Mental Health Advisor. Students who exhibit:

- Mental health needs that may require input from external mental health services
- Psychosis
- Personality disorders
- Mood disorders
- Depressive disorders
- Eating disorders
- Obsessional Compulsive Disorder

*\*this list is not exhaustive\**

## ADVISOR AVAILABILITY AND APPOINTMENTS

We currently provide consultation appointment and ongoing appointments. The opening hours are 9am and 5pm on Monday to Friday. The service operates an extended service to 7pm on Thursdays on a pre-arranged basis. Appointments can be via face to face, via Microsoft Teams and by telephone as convenient for students, though current provision delivery is virtual.

## HOW TO CONTACT US

Access to the Mental Health Advisors can take place in a number of ways:

- From other professional colleagues using the internal staff referral form
- Via the University's Counselling and Mental Health Advisory Service
- Via the Wellbeing Advisers

All initial telephone contact should go through the Counselling and Mental Health Advisory Service Reception team on:

**0151 794 3304**

Email: [counserv@liverpool.ac.uk](mailto:counserv@liverpool.ac.uk)