

STUDENT VOICES

Enhancing our understanding of the wellbeing and support needs of RGU students.

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The mental wellbeing of University students is of growing concern. Indeed HESA (2022) reported 122,530 students with a recorded mental health condition in the UK in 2016/17. Many students, however, do not access support for mental health (Rosenthal and Wilson, 2008). The main barriers to accessing support include limited awareness of services, fear of stigma (Harris et al. 2016), lack of available counselor appointments (Mowbray et al. 2006) and not believing they need treatment (Czyz et al. 2013).

Aims: To explore student's views on how to improve the monitoring of mental wellbeing and the barriers to accessing support at RGU.

Methods: A qualitative descriptive approach was employed. One hundred and thirteen students recruited via opportunistic sampling completed an online JISC survey.

Findings: The main themes identified during thematic analysis included the need to provide supportive and engaging personal tutor relationships, to regularly monitor and respond to student wellbeing, to promote enhanced wellbeing and improve signposting to resources. Worry, lack of awareness about services, failing to admit they have a problem, fear of being let down, and judgement were identified as the main barriers to accessing support.

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