

Cyflwynwyd yr ymateb hwn i ymchwiliad y [Pwyllgor Plant, Pobl Ifanc ac Addysg i gymorth iechyd meddwl mewn addysg uwch](#)

This response was submitted to the [Children, Young People and Education Committee inquiry into Mental Health support in Higher Education](#)

MHHE 1

Ymateb gan: Grwp Llandrillo Menai

Response from: Grwp Llandrillo Menai

Nodwch eich barn mewn perthynas â chylch gorchwyl yr ymchwiliad. | Record your views against the inquiry's terms of reference.

1. Maint yr angen | Extent of need

The current situation regarding mental health and wellbeing of HE learners is as follows.

- We have seen an increase in requests for support with their mental health from HE learners to help them cope with the following; increase in financial pressures, health issues, feelings of isolation, difficulties in engaging with others socially and academic pressures (particularly for those learners undertaking their course alongside employment).
- We expect that these challenges and requests for support will continue and increase moving forwards.

Covid-19 had the following effect on learners.

- An increase in anxiety and stress caused by the challenge of meeting assessment deadlines whilst coping with the impact of COVID-19 on their personal/work life.
- This was particularly evident for those part-time learners undertaking their course alongside full-time/substantive part-time employment. For example learners employed in Healthcare roles had to deal with increased pressure as a result of changes to shift patterns, and the impact of COVID-19 infection/isolation.
- We provided extensive support through 1-1's with their personal tutor and counselling and health and wellbeing mentors.

- This undoubtedly affected learners' mental health, and we have seen an increase in requests from learners for adjustments to assessment submission deadlines, and referrals for health, wellbeing and counselling support.
- difficulties in re-engaging and participating in group work with peers
- Ordinarily our learners are mature and balance family life with working and studying. This adds a unique dimension to studying HE in an FE environment and demands additional types of mental health support.

2. Adnabod a darpariaeth | Identification and provision

- We do promote an ethos of good mental health and well-being through 1-1 tutorial and additional specialist Health and Wellbeing provision.
- Learners transitioning from GLLM FE to HE continue to receive support from personal tutors, tutors and specialist Health and Wellbeing staff. We follow-up all ALN (linked to mental health) disclosures on application to ensure that appropriate support is delivered at the point learners start their course. HE learners new to GLLM who require Health and Wellbeing support will be referred to specialist support as soon as a referral is made by teaching staff or the learner themselves.
- Regional challenges exist for our HE learners to access local adult mental health services. BCUHB mental health services are at risk of special measures bringing additional capacity difficulties for learners to engage with adult community mental health services
- We do think that there is an opportunity to develop transition in the following areas;
 - Automatically provide HE providers with information about mental health support provided to learners at school.
 - Automatically provide HE providers with information about mental health support provided to learners by the NHS.
 - This support could be provided through an enhanced application/referral process via UCAS.

3. Polisiau, deddfwriaeth a chyllid Llywodraeth Cymru | Welsh Government policy, legislation and funding

- GLLM delivers Further Education(FE), Higher Education and Workbased learning (WBL) across North Wales.
- We have received a significant increase in FE/WBL Mental Health and Wellbeing funding from the Welsh Government (through COVID-19 catchup and ring fenced Mental Health funding). This has enabled GLLM to create a Health and Wellbeing team who are providing effective support to learners.
- We would like to see the Welsh Government/HEFCW provide a similar level of funding to HE in an FE environment so that we are able to meet the increasing demand for support which we are seeing/will continue to see moving forwards.
- There are opportunities to develop a regional mental health hub for HE learners studying within an FE environment, and to strengthen access to support whilst they transition between FE and HE and between institutions.
- The Commission for Tertiary Education and Research is well placed to ensure that all post 16 learners receive appropriate support as they move through the post 16 education system.

4. Argymhellion ar gyfer newid | Recommendations for change

The main recommendations are as follows;

- To extend funding opportunities to develop further regional bilingual mental health resources e.g. myf.cymru
- The Commission for Tertiary Education and Research should ensure Healthcare and Schools automatically share information about any mental health and wellbeing support HE learners are currently receiving.
- The Commission should ensure that ring fenced funding is provided to all providers so that they can provide appropriate mental health and wellbeing support to learners. This will ensure that mental health issues can be identified early, and support is provided which should reduce the number of learners requiring significant interventions by the NHS.

5. Arall | Other