

What students say about our Mental Health Mentors

“When I needed mental health help, the mentor was invaluable. Thank you very much!”

“I am very lucky to have access to a mental health mentor.”

“Without the help and support of the mental health mentor I am 100% confident that I would not have managed to continue to study and work successfully.”

“The mentor was invaluable.”



Contact details

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The Main Library Building
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Tel: +44 (0)131 650 6828

disability.service@ed.ac.uk
www.ed.ac.uk/student-disability-service

Location



Information can be provided in other formats, such as large print, on request.

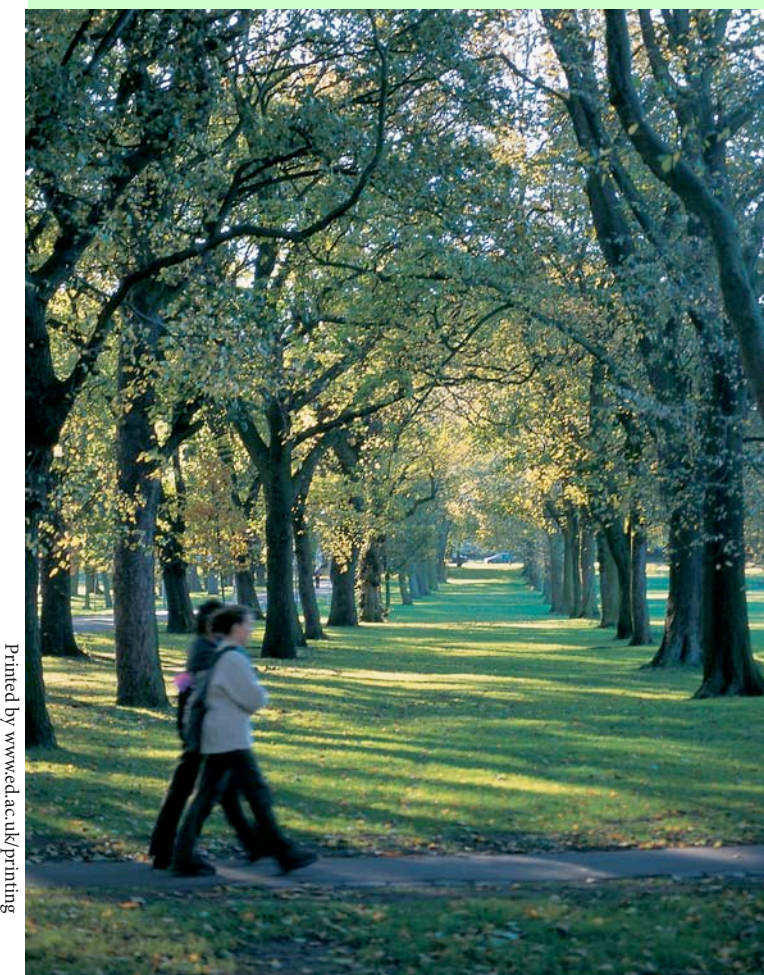
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January 2012

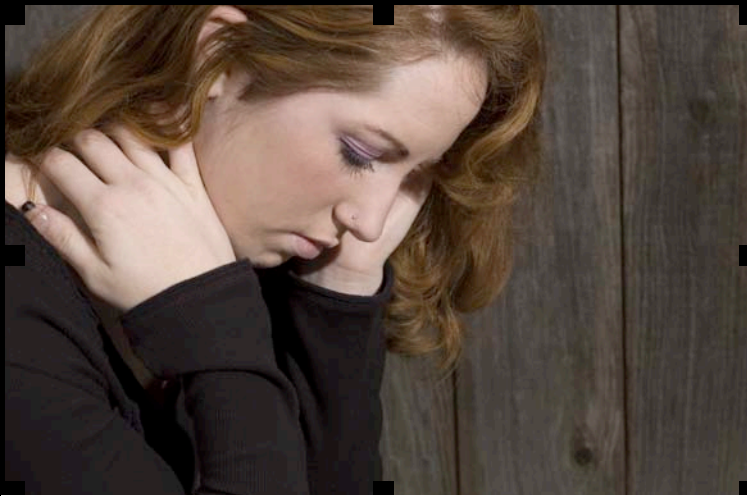


THE UNIVERSITY of EDINBURGH

Student Disability Service Mental Health Mentors



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About Mental Health Mentors

Mental Health Mentors are based in the Student Disability Service (SDS).

They provide emotional and academic support to undergraduate and post graduate students experiencing persistent mental health conditions e.g. psychosis, phobias, bipolar disorder, moderate/severe depression, and anxiety.

Mental Health Mentors assess the specific emotional and study skills support required by students.

What help is available?

- Help with motivation
- Mental health self help and self management skills
- Advice and support with learning strategies
- Support with study skills
- Time management and planning
- Stress management support
- Coping skills
- Confidence building
- Dealing with panic attacks
- Dealing with phobias.

How to access Mental Health Mentor support

Students can contact the Student Disability Service to arrange an appointment with an Advisor and discuss the Mentor service.

The Advisor will carry out an initial assessment and refer students to the Mentor after funding has been secured.

Funding

Funding is arranged through the Disabled Students Allowance Scheme (DSA) or from the Disabled Students Support Fund (DSSF).

There is no direct cost to students for this service.

Appointments

Mental Health Mentors will contact students directly to arrange the first appointment.

Meetings with a Mentor may take place weekly (or less frequently) for an agreed period of time. Meeting times are flexible and can vary according to the students needs.

Confidentiality

Mentors will discuss confidentiality and our information sharing processes fully with students.

For information on the Student Disability Service's confidentiality policy, please visit our website.