

Useful resources

General

The Mental Health of Students in Higher Education, Royal College of Psychiatrists, London, 2003 www.rcpsych.ac.uk
(lots of stats and facts)

Understanding mental illness, Mind www.mind.org.uk
(useful short leaflet on mental health)

Mind website: www.mind.org.uk

SAMH website: www.samh.org.uk

Skill: National Bureau for Students with Disabilities website: www.skill.org.uk

Code of Practice Post-16: Disability Discrimination Act 1995 Part 4, Disability Rights Commission 2002 www.drc-gb.org

Reducing the Risk of Student Suicide: issues and responses for higher education institutions, Universities UK, 2002

For students

How to cope with the stress of student life, Mind

How to cope with exam stress, Mind

www.readthesigns.org

(info for young people about spotting the onset of mental health difficulties)

Oxford Student Mental Health Network www.brookes.ac.uk/osmhn/
(excellent site with lots of practical information)

For staff

Student Mental Health: planning, guidance and training, Lancaster University, 2002 www.studentmentalhealth.org.uk
(policies and practices for institutions)

Oxford Student Mental Health Network www.brookes.ac.uk/osmhn/
(excellent site with lots of practical information)

Providing Learning Support for Students with Mental Health Difficulties Undertaking Fieldwork and Related Activities, The Geography Discipline Network, www.chelt.ac.uk/gdn/disabil/mental/

