Further information about the service
Appointments are available Monday to Friday in term-time. The service is limited during University holiday times. For students who do not regularly attend Avenue or Park Campus we offer email and telephone support after an initial meeting.

Mental Health Advisers adhere to ethical frameworks provided by professional bodies. We are committed to the University's Equality and Diversity Policy.

We have a variety of resources available via our website and team blog:
www.northampton.ac.uk/study/student-life/support

http://blogs.northampton.ac.uk/wellbeing/

This document can be provided in other formats upon request.

How to access the service
Students often refer themselves to us. Sometimes the service is recommended by another health professional or University staff member. We are happy to accept these referrals as long as the student is motivated to meet with us.
Please note our work complements, but does not replace, local mental health services.

How to contact us
Please phone 01604 892833 to make an initial appointment with a Mental Health Adviser. Usual opening times are Monday to Friday 9am - 5pm during term time.

Alternatively email: mha@northampton.ac.uk

For more information please contact:

Park Campus
Boughton Green Road, Northampton, NN2 7AL, United Kingdom
T 01604 892833 **E** mha@northampton.ac.uk

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Mental Health Adviser Service

Counselling & Mental Health Team, Student Centre

TRANSFORMING LIVES + INSPIRING CHANGE

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What do Student Mental Health Advisers do?

We provide confidential support to students at The University of Northampton who are experiencing mental health difficulties. We work in partnership with students to explore practical solutions to problems and increase effective coping strategies.

Student Mental Health Advisers specialise in assessing how a student's mental health difficulties affect their ability to learn effectively, and can suggest strategies to help improve mental wellbeing. Further support needs can be addressed by referring to other University or external services.

Within the University we are a source of information and advice for other staff supporting students with a mental health difficulty.

Who might need the service we provide?
Studying at University can be stressful and this can affect a student's mental health. For example students may have panic attacks that affect their ability to attend lectures or concentrate on assignments or exams.

Often students' difficulties are short-lived. Sometimes they feel that 'something just isn't right' but by talking with an adviser they come to understand how to make changes that improve their mental and emotional health.

For students whose difficulties are associated with bereavement, relationship problems, moving away from home or coming to terms with difficult life experiences, the Counselling Service is likely to be more suitable.

How do we work with students?
We offer two levels of service. In most cases students will be offered up to 6 appointments following initial assessment.

However some students have enduring difficulties such as depression, an eating disorder or psychosis. These students may qualify for Disabled Students Allowance (DSA) to fund ongoing support and equipment, as appropriate, to help them manage their studies.

Students have a right to expect that information given to us in confidence is only used for the purposes for which it was given and will not be disclosed to others without permission. However if disclosing information to a third party is essential to protect the student or others from harm, this can be done without the student's permission. This may include informing a Doctor or a named care co- ordinator about a serious deterioration in a student's mental well-being.