



Managing distressed students

Tuesday, 12 May 2020

9:30-10:00	Registration
10:00-10:30	Welcome, learning outcomes and the sector-wide perspective: Are we seeing a crisis in student mental health? Why do universities support students with mental health issues?
10:30-11:15	What is distress? Case study: What is your role when you are with a distressed student?
11:15-11:30	Refreshment break
11:30-11:50	The '3 levels' model for responding to a distressed student
11:50-13:00	Practical tips for maintaining boundaries and building a collaborative relationship with the student
13:00-13:45	Lunch
13:45-14:15	When a student discloses a higher level of risk
14:15-15:00	Having a go: Practising conversations with students
15:00-15:15	Refreshment break
15:15-16:15	Looking after your own wellbeing – getting into good habits and work and beyond
16:15-16:30	Final questions and comments, your feedback and close