

Mental health and wellbeing support



Mental health support

Support for students with mental health conditions. Often based in disability teams, support can be funded by the Disabled Students' Allowance (DSA) and will require medical evidence.



Wellbeing support

Support for all students to manage and improve their wellbeing. These can include counselling, sports and active lifestyle services, faith and spirituality support and self-help resources.

Wellbeing and mental health support services can have different names, so look carefully when navigating the university's website.

Students will have to proactively get support put in place which can be difficult if they are unsure about what they need and where to go. It can be helpful to work out together what support is needed before the student finishes school/college.

Ways to access support

Propel - use this website to find out the key contact for young people with care experience at different universities.

UCAS - declaring care experience on their application can be used to put recommended support in place.

Support - can be accessed when the young person has started university.

Open days - encourage young people to attend university open days, meeting support staff to ask any key questions.

DSA - the Disabled Students' Allowance can be applied for if the young person has a EHCP and/or a diagnosed mental health condition.

Useful Resources

[Propel](#) - key contacts and support for young people with care experience at university.

[Student Minds](#) - resources for mental health for university students.

[UCAS](#) - resources for young people with care experience applying to university