

From: Edinburgh College Freedom of Information
Sent: 27 May 2019 16:29
To: [REDACTED]
Subject: RE: FREEDOM OF INFORMATION REQUEST

Dear [REDACTED]

Our Ref: **020/19**

As of 1 October 2012, Edinburgh's Telford College, Jewel & Esk College and Stevenson College merged to create a single college called Edinburgh College.

We refer to your request for information dated 26 April 2019. The College has considered your request as a request for information under section 1 of the Freedom of Information (Scotland) Act 2002 ("FOISA").

020/19 (1): How many students attend your College

Academic Year	No of Unique Students
2017/18	19,173
2018/19*	20,637

*Current figure provided for 2018/19

020/19 (2): How many students have disclosed issues with their mental health?

	2017/18	2018/19
A mental health condition	680	378
A mental health condition such as depression, schizophrenia or anxiety disorder	214	712

020/19 (3): Does your college provide access to a mental health counsellor? Yes

020/19 (4): a) is the counsellor on-site employee Yes

020/19 (5): or b) 'buy in' service on an ad hoc basis No

020/19 (6): How many students over the past 2 years (per year) have asked to be referred to counsellor services?

Please note, the counsellor service is a self-refer service.

In 2018/19 190 students self-referred.

We are unable to provide figures for the previous Academic Year as the student counselling service was set up as a pilot for the 2018/19 Academic Year.

Please refer to the College's FOI response (Our Ref: 006:18) for support provision prior to 2018/19:
<http://doc.edinburghcollege.ac.uk/welcome/freedom%20of%20information/00618%20foi%20response.pdf>

020/19 (7): How many of these students got to see a counsellor? (per year)

All students who self-referred were offered an initial assessment with a counsellor.

After the initial assessment some students chose not to take up counselling and some were referred to the Student Wellbeing Adviser.

All of the remaining 56 students who were assessed as suitable for counselling were given appointments with the counsellors.

30 students completed their counselling sessions.

020/19 (8): Are there a criteria students must meet in order to be referred for counselling? No

020/19 (9): is yes, what is the criteria? N/A

020/19 (10): What extra support do you offer students who have mental health issues?

The College employs a Student Wellbeing Adviser whose role is to work with students individually and in groups to manage their mental health and wellbeing using a variety of approaches.

Support is also available to students through campus-based Learning Support teams, Learner Development Tutors (LDTs) and Students' Association staff, who provide mental health support to students as part of their wider role.

LDTs and Learning Support staff offer solution focused and recovery based approaches based on WRAP (Wellbeing Recovery Action Planning) resources, signposting to web based resources and referral to the Wellbeing Team.

The college's LDTs and Learning Support teams include members of staff with training and qualifications in counselling skills and other mental health approaches.

020/19 (11): Could you give me a copy of any mental health strategy/guidelines your College has?

The Student Mental Health & Wellbeing Policy is available online:
<http://doc.edinburghcollege.ac.uk/welcome/governance/policies/Student%20Mental%20Health%20and%20Wellbeing%20Policy.pdf>

020/19 (12): What is your yearly budget for mental health services? (last two years) We are unable to provide this information as the College does not have a specific budget for mental health services. The cost is included as part of the College's wider student support and occupational health service.

020/19 (13): Nicola Sturgeon announced in September last year he an extra £250m would be given to educational institutions for Mental Health a) How much of that funding did you receive? None

020/19 (14): b) What has the funding been spent on? N/A

020/19 (15): Has your staff undergone mental health training?

The college offers training for staff in mental health first aid, suicide awareness and intervention skills.

Over the past two years, College staff have undergone the following mental health related training:

Course	No. of participants
Mentally Healthy Workplace	42
Mental Health First Aid	79
Anxiety	37
Depression	4
Suicide Awareness	32
Self-harm	29
A Holistic Approach is Preventing Burnout	53
Stressed or Destressed – what makes us vulnerable to mental health and what can we do about it?	59
The Route to Personal Resilience	27

Edinburgh College Students' Association (ECSA): At the Students' Association, all staff and Full-Time Officers (FTOs) have gone through the 12 hr Scotland's Mental Health First Aid Course and all new staff / FTOs undertake this training each year.

Edinburgh College is subject to the provisions of the Freedom of Information (Scotland) Act (FOISA) 2002. If you are dissatisfied with this response, you may ask the college to review this decision. To do this, please contact the Head of Corporate Development at the postal address below or e-mail the Head of Corporate Development at governance@edinburghcollege.ac.uk describing your original request and explaining your grounds for dissatisfaction. (Please include in your review request, your name and home address for correspondence).

You have 40 working days from receipt of this letter to submit a review request to:

Head of Corporate Development

4th Floor

Edinburgh College (Milton Road Campus)

24 Milton Road East

Edinburgh

EH15 2PP

When the review process has been completed and if you are still dissatisfied, you may ask the Scottish Information Commissioner to intervene.

The Commissioner's online appeal service is available from their website:
www.itspublicknowledge.info/Appeal

The online appeal service is available 24/7 and offers you real time help and advice about your appeal.

You must appeal to the Commissioner within six months of receiving the review decision.

You also have the right to appeal to the Court of Session on a point of law following a decision of the Commissioner.

Regards

FOI Team