

UWS Mental Health & Wellbeing Strategy

Jenny Baines
Head of Counselling

UWS Staff

- **52%** Baby boomers
- **32%** Gen X
- **15%** Gen Y
- **1 in 5** Australians in any one year will suffer from mental illness
- Only **35%** of people with a common mental illness receive professional help
- Cost of ill health to organisation

UWS Students

- **66%** are under 25 (2011)
- **24%** are first in family to study at University level (2011)
- **31%** of those registering with a disability have a mental health disability (2011)
- Mental illnesses often start in adolescence or early adulthood.
- **50%** of people have their first episode of mental illness by age 18
- **75%** of people have had their first episode by age 25
- Mental illnesses rank as the **biggest** cause of disease burden for 15 -24 year olds.

Mental Health Changes

- Showing risks of developing mental illness or a significant mental health issue
- Experiencing early signs
- Experiencing mental illness for the first time
- Living with a longer term illness with possibility of recurring episodes.

Mental Health & Wellbeing Strategy Group

Staffing group established in 2010

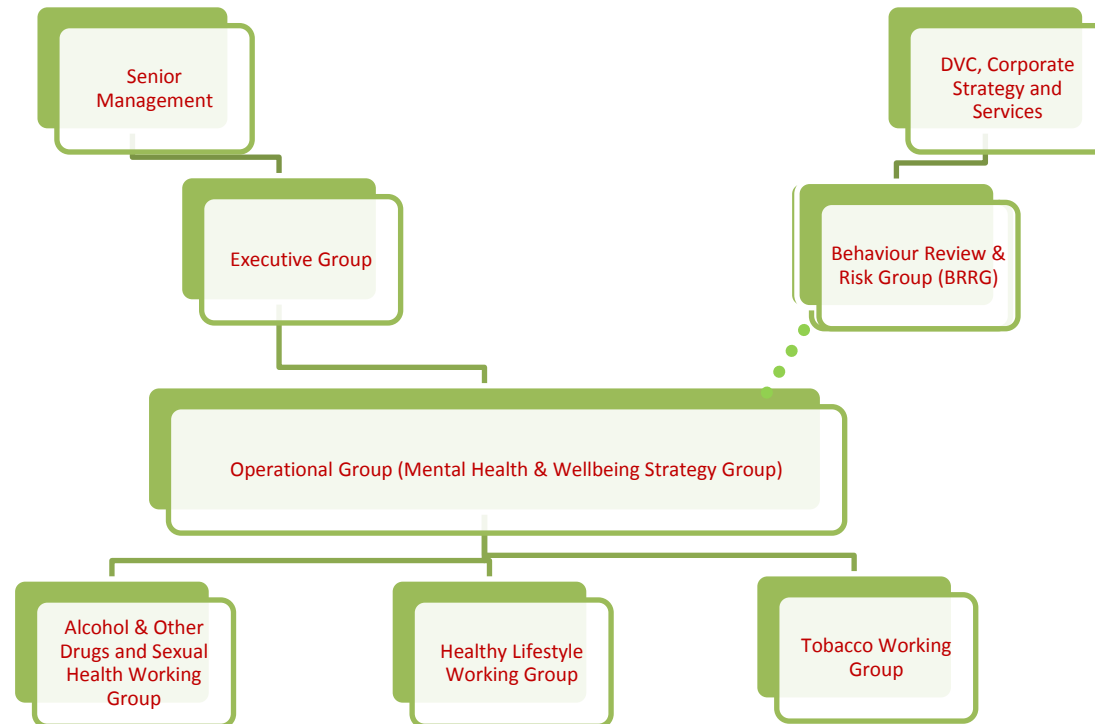
Broadened out in 2011:

- Student Support Services
- Student Representation
- OH&S
- Equity & Diversity
- UWS International
- UWS Residential Colleges
- UWS Connect
- UWS College
- Population Health

MOU- UWS & Nepean Blue Mountains and Western Sydney Local Health Districts - Population Health Services

- Targeted approach on agreed priorities
- Effective use of human and financial resources
- Whole of organisation approach
- Aspire to notion of environmental and social responsibility
- Improve the health and well being of the University of Western Sydney students and staff across the six campuses
- Provide networking opportunities
- Develop a long term sustainable strategic plan

Governance Structure



Projects underway

Healthy Lifestyle Working Group:

Get Healthy Coaching Service

Healthy Workers Initiative

Website development-Health & Physical Wellbeing

Smoking & Tobacco Working Group:

Survey of staff & students

Recommendations to executive

Alcohol & Other drugs & Sexual Health Working Group

UWS Mental Health & Wellbeing Strategy

What we Believe in:

- Promotion of wellbeing as a 'whole of person' -important links between physical and mental health
- A supportive culture that encourages early identification of changes in mental health status
- Supported disclosure of individuals who experience a decline in mental health
- A normalising approach that recognises changes in mental health status dependent on life stressors and other factors. We aspire to the notion that people can recover and make positive change to their mental health with support and varying forms of management and treatment approaches.

UWS Mental Health & Wellbeing Strategy

What we will do:

- Promote positive mental health and wellbeing
- Improve mental health/ill health literacy
- Support people in the UWS Community who are experiencing mental health difficulties/mental ill health
- Provide organisational responses that support mental health and wellbeing
- Research and Evaluate

Coming Events

- RUOK Day- 13th September
- Mental Health & Wellbeing Forums- Sept
- Mental Health & Wellbeing Month-Oct

Other Resources

- Staff Publications
- Staff Training- MHFA, Suicide Prevention
- Mental Health & Wellbeing Website:
www.uws.edu.au/mhwb
- Mental Health & Wellbeing Team

Mental Health & Wellbeing Website:

www.uws.edu.au/mhwb

Achieving and maintaining good mental and wellbeing is important for everyone. The information on this site will give you the tools to help yourself and others.



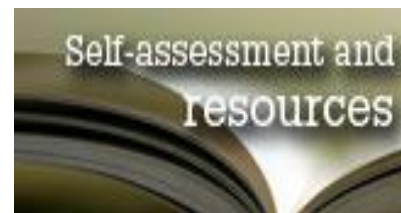
Mental health changes

Mental health changes can occur in stressful times. They can affect your ability to think, handle everyday situations, work and can even impact on your relationships. It's important to be aware of these changes and get the right help at the right time.



Health and Wellbeing

In this section of the website you'll find information about how to assess and improve your wellbeing, links to useful resources and helpful information from government resources.



Health & Physical Wellbeing

Looking after your physical health is a significant part of looking after your overall wellbeing. Having a healthy lifestyle includes making the right choices for your health such as healthy eating, being active and maintaining a healthy weight.



A UWS wide strategy ensures

- Sustainability
- Coordinated approach
- Priorities for funding
- Ongoing community engagement
- Commitment by Senior management and all of university
- Best Practice & Research based