

# OTR

## ***MY PLACEMENT EXPERIENCE***

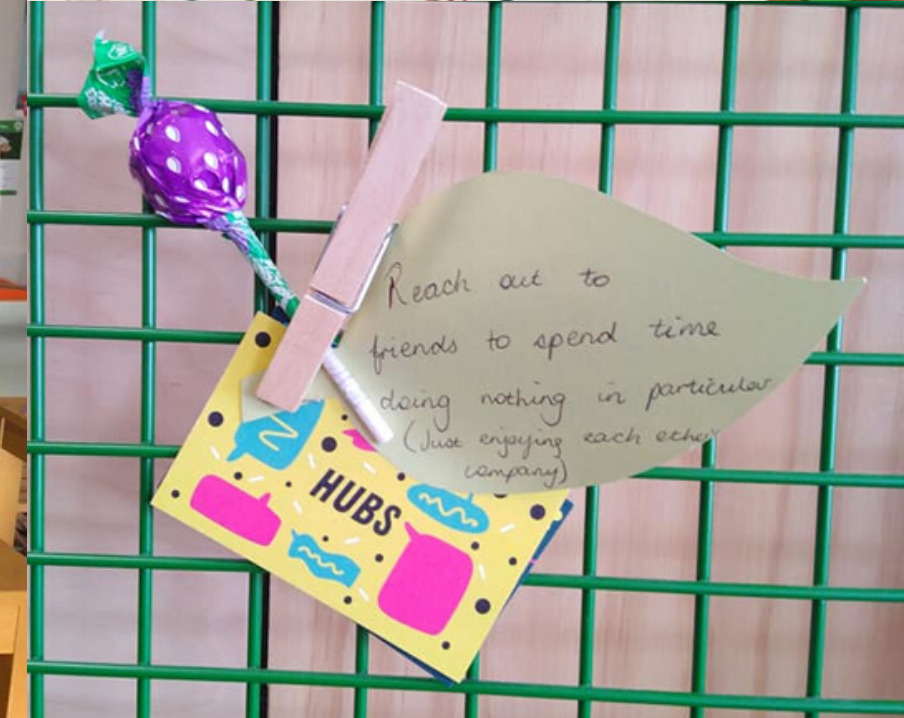
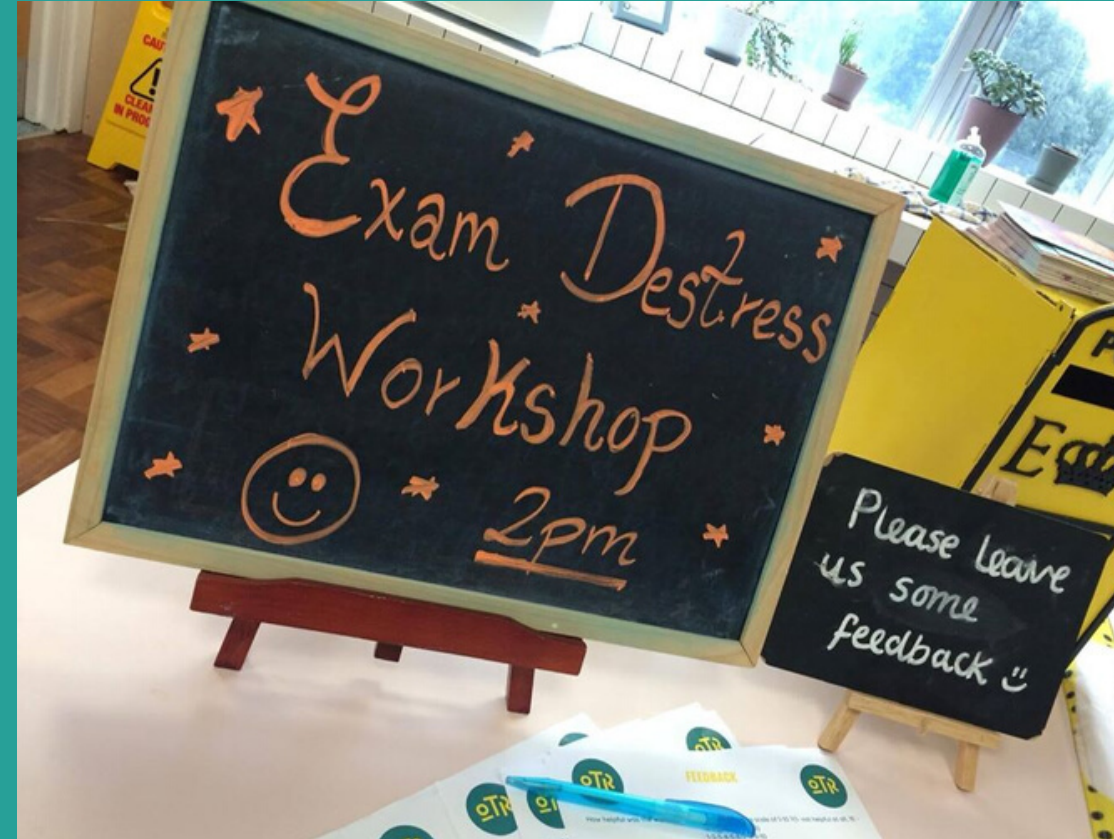
***BY MEI - A PEER REPRESENTATIVE FOR  
UNIVERSITY STUDENTS***





# MY PROGRESS AT OTR

- Supported Saturday Hubs
- Supported the membership team
- Visiting a school and delivering a workshop
- Visiting University of Bristol and delivering 2 exam distress workshops
- Leaving an OTR mark 'positive mental health leaves' at Bristol SU living room
- Represented Off the Record at UWE's Destress Fest
- Reached out to students from both universities and asked for their feedback of their University MH services.
- Created connections between OTR, UWE and UOB





# ***WHAT HAVE I LEARNT?***

- Experience of working in a professional environment
  - Time management skills
  - The importance of setting personal boundaries
  - Emotional awareness
  - Mental health coping strategies
  - Admin skills (answering emails and phone calls)
  - How to communicate with parents and young people - solution focused approach and use of active listening skills
  - The value of support networks
- 
- Student's feedback on MH services @ University.
  - Student's MH struggles - loneliness, lack of community, managing university life
  - Student's engagement is low to workshops.
  - Student's likes: student led, free services, unlimited, low pressure .
  - Student's wants: Workshops based on managing student life, workload, relationships, peer support and confidence building.
  - Exam periods - relaxation activities.

The logo for OTR (Oxford Talking Rooms) features the letters 'OTR' in a bold, stylized, sans-serif font. The 'O' is a solid dark blue circle. The 'T' is a dark blue vertical bar with a horizontal crossbar. The 'R' is a dark blue vertical bar with a curved shoulder. The letters are set against a light blue background.

# WHAT HAVE I LEARNT?

## STUDENT'S MENTAL HEALTH SERVICES

CAN YOU GUESS WHICH  
SERVICE BELONGS TO WHICH  
UNIVERSITY?

UWE (University of the  
West of England)

University of Bristol

### STUDENT'S MENTAL HEALTH SERVICES:

|   |   |                                      |
|---|---|--------------------------------------|
| SAM APP                                     | CRISIS TEXT LINE  |                                      |
| Residential Life advisors                   | FEEL GD FEB (SU)  | Black men and Black Women Talk       |
| KOOTH                                       | Equity  | Grief and Illness Peer support group |
| The Octagon                                 | Health centre (Mental health appointments)                              | Talk club                            |
| The Farmhouse                               | Resilient U   | Cancer Coffee Morning Support group  |
| Wellbeing service (offers counselling only) | Wellbeing reading groups  | Big White Wall                       |
| Student Counselling service                 | Bristol MInd partnership - Mentally healthy students course             | Nightline                            |
| Wellbeing service (wellbeing advisors)      | Personal Tutors   |                                      |
|   | Science of Happiness module   |                                      |
|   | Student Health Service (Same day or routine mental health appointments) |                                      |

## ***UWE (UNIVERSITY OF THE WEST OF ENGLAND)***

UWE Wellbeing service - Offers counselling only  
Wellbeing module - take control of your wellbeing  
Kooth Student  
SAM APP  
The Farmhouse  
The Octagon  
UWE Crisis Text line (Shout)  
UWE Health Centre (Mental health appointments)  
Equity (BAME)  
Feel GD Feb (SU)  
Resilient U  
Wellbeing Library Workshops  
Mentoring support

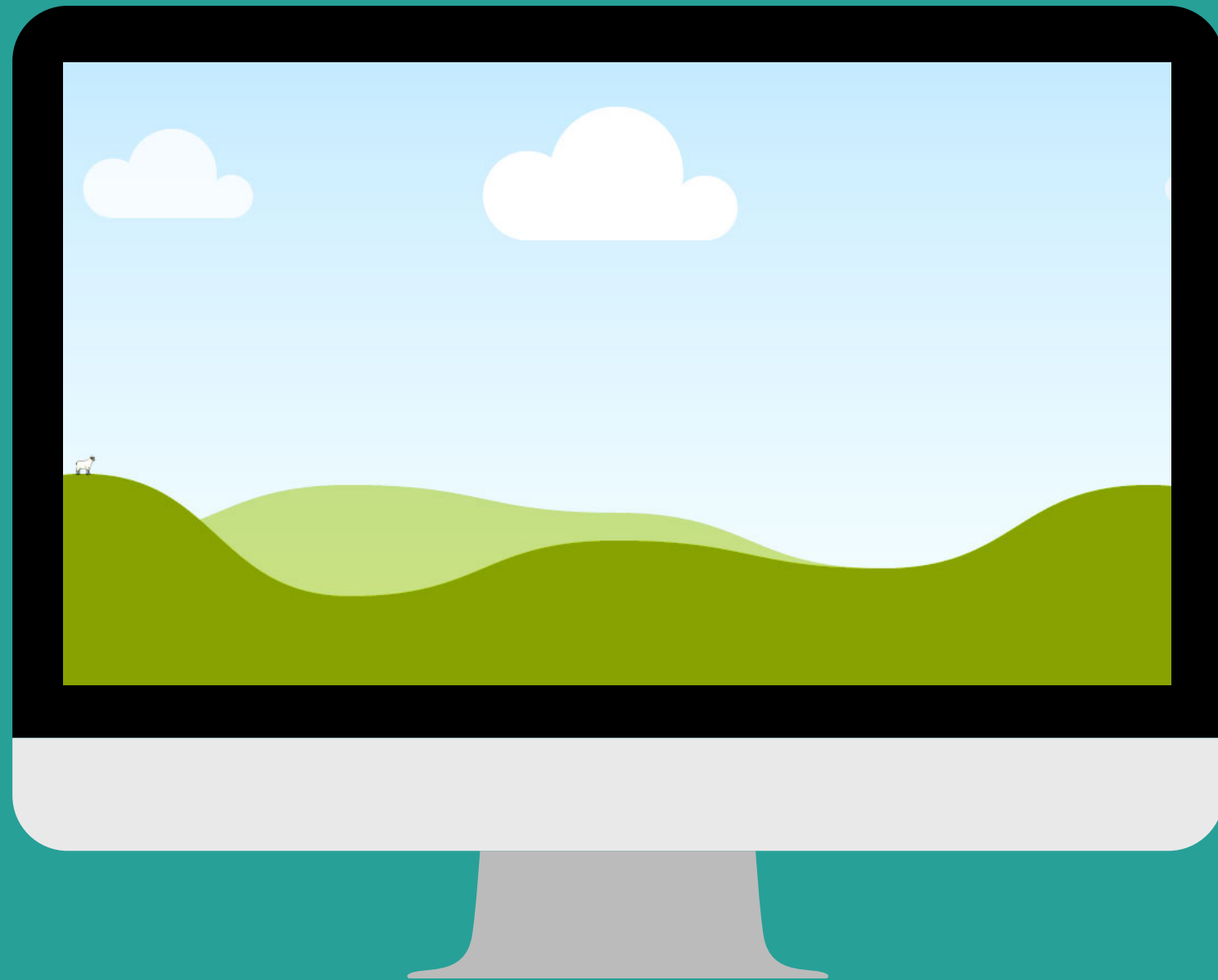
I have learnt that there are lots of mental health services available at both universities.

- Students may not engage with what is on offer due to this feeling of being bombarded with services
- Both main wellbeing services require registration forms - what can students do then?

## ***UNIVERSITY OF BRISTOL***

Student health service (Same day MH appointments)  
Wellbeing advisors  
Student Workshops (Wellbeing service)  
Student Counselling Service  
Mental health Advisory team  
Science of Happiness Module  
Bristol Mind Partnership - Introduction to managing your health and wellbeing  
Residential Life Advisors  
Personal Tutors/Supervisors  
Bristol Nightline  
Big White Wall  
Peace of Mind - Society  
The Wellbeing Network  
Support groups (Cancer Coffee morning, Talk club, Grief and Illness peer support)  
Black Men and Black Women Talk

# WHAT DO I WANT PROFESSIONALS TO KNOW



## ENGAGEMENT :

- Incentives - students are juggling their uni/job/social
- Advertise via lectures (shows MH is just as important as studying)
- ADVERTISE IN STUDENT hot spots (not emails)
- Make sure all staff/wellbeing services know what is available in Bristol and at University.

## STUDENT'S MH NEEDS:

- Student's mental health struggles involve feelings of loneliness, lack of community and cohesion, managing uni life.
- PEER SUPPORT, PEER SUPPORT, PEER SUPPORT.
- Workshops should be themed around managing the student balance and managing the workload (motivation)

# ***TO CONCLUDE***

Highlight from placement: creating partnerships with universities and communicating with students via pop up stalls (Exam de-stress)

Professional growth: awareness of my working style and emotions whilst in a professional environment