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Mental Health First Aiders

Approximately 1 in 4 people in the UK will experience a mental illness each year. This is proof we need to place equal importance into mental health first aid as we do physical first aid.

Who put the 'HEALTH' back into Health and Safety? WE DID!

The initiatives and processes we have all put in place to continually improve Staff Wellbeing and Mental Health here at University of Staffordshire are now evidenced by comparing our latest absence statistics with those from UCEA; we are now below the HEI average. Still a lot of work to do, but we are improving.

MHFA INTERVENTION REPORT FORM (UNIVERSITY MENTAL HEALTH FIRST AIDER USE ONLY)

This is a Form to use for the reporting of any Mental Health First Aider interventions only. Please provide as much information as possible, and be assured that any details are kept under GDPR and no personal details are shared for statistical reporting purposes.

The Health and Safety team will contact you if any further information is required.

If you require confirmation and a copy of your report, please choose the options at the end of the Form before and after you hit 'submit'.

For help and advice please contact the Health and Safety team: healthandsafety@staffs.ac.uk

On 17 January 2019, MPs voted to amend legislation to make Mental Health First Aid training mandatory. There is not a legal requirement to have Mental Health First Aiders in post at present, but we are being proactive and have got volunteers trained already across the University.

The Mental Health First Aiders have all attended a 2-day course aimed at improving and increasing mental health awareness across society. MHFA have the skills necessary to:

- Have a non-judgmental conversation
- Recognise the signs and symptoms of common mental health issues
- Have the confidence to step in, reassure and support a person in distress or crisis
- Effectively guide a person towards the right mental health support

Like traditional first aid, Mental Health First Aid does not teach people to treat or diagnose mental health or substance use conditions. Instead, the training teaches people how to offer initial support until appropriate professional help is received or until the crisis resolves.

The mental health of our Mental Health First Aiders is also taken seriously and debriefs, and counselling is available on request for those who have been involved in interventions.

The Mental Health First Aiders are in post primarily for staff assistance. Obviously they can support students until professional help arrives or can signpost them to the services available for students and to AccessAbility colleagues.

Our current list of Mental Health First Aiders – all recognisable by their purple lanyards and their purple hi-vis jackets on the back of their chairs:

WE HAVE OVER 100 VOLUNTEERS FOR THIS ROLE - AMAZING, THANK YOU!

The list of names and contacts is so big it won't fit on the page!

[MHFA details are available to download here.](#)

[Mental Health First Aider Support Information.](#)

Thank you to colleagues in Student and Academic Services for these links to our external website with lots of helpful information:

Emergency support:

If your email is in relation to safeguarding, concern for a student or general enquiry - please resend your email to student-wellbeing@staffs.ac.uk. This will be passed to the Duty Practitioner and followed up / escalated as necessary.

Alternatively, if you need to speak with Student Wellbeing, normal office hours are 8.45am til 5pm, Mon to Thurs and Friday 8.45 til 4.30pm please do email student-wellbeing@staffs.ac.uk who will be able to assist you. The student wellbeing email is monitored throughout the day and responded to within office hours.

If in Crisis dial 999

For additional 24hr and mental health emergency support please see out pages and contacts - [Emergency and 24 hour support - Current students - Staffordshire University \(staffs.ac.uk\)](#)

OUT OF HOURS and immediate concerns for Safeguarding Key contact Key contacts Current

Staff RA-PEEP Policy and templates
Stress Prevention and Management
Student RA-PEEP Policy and templates
Student Trips, Travel and Fieldwork
SUSS Ltd. Health, Safety and Wellbeing Policy
Thermal Comfort
UAS / Drones Policy
Unitemps Health, Safety and Wellbeing Policy
University of Staffordshire Health, Safety and Wellbeing Policies
University Health, Safety and Wellbeing Committee
Vibration at Work
Water Safety - Nature Reserve and the River Trent
What 3 Words
Working at Height - including Ladders, Stepladders and Kick Stools
Young Workers and Work Experience

[OUT OF HOURS and immediate concerns for safeguarding - Key contact key contacts - Current students - Staffordshire University \(staffs.ac.uk\)](#)

[Emergency and 24 hour support - Current students - Staffordshire University \(staffs.ac.uk\)](#)

Other sources of support for:

- Abuse and Sexual Assault
- Alcohol
- Bereavement
- Concern for others
- Crime
- Drugs
- Eating Disorders
- Emotional/psychological
- Gambling
- LGBT+
- HIV/AIDS
- Parenting
- Pregnancy
- Relationships
- General advice and information

[Self-help - Current students - Staffordshire University \(staffs.ac.uk\)](#)

[Other sources of support - Current students - Staffordshire University \(staffs.ac.uk\)](#)

Staff Specifically:

We also have the Employee Assistance Programme LifeWorks facilitated by HR&OD:

[Employee Assistance Programme](#)

Toolkits from external sources:

Education Support Partnership - free helpline available to all teachers, lecturers and staff in education (primary, secondary, further or higher education) in England, Wales and Scotland 24/7, 365 days a year

<https://www.educationsupportpartnership.org.uk/helping-you/telephone-support-counselling>

