

Maslow's Hierarchy of Needs

How does Maslow's Hierarchy of Needs relate to my Mental Health and Well Being?

The theory is normally presented in a pyramid style diagram, consisting of five tiers; the lowest tier refers to an individual's most basic needs.

Additionally, the highest tier on the pyramid relates to an individual's most complex needs

(Rowe, J. and Mitchell, A. 2013. p10-11).

What are the Five Needs?

1. Physiological
2. Safety
3. Belongingness and Love
4. Esteem
5. Self-Actualization

(Rowe, J. and Mitchell, A. 2013 p10).



(Image, 2018)

Additional Forms of Support

- 1). **Samaritans** – Phone: 116 123
- 2). **SANEline** – Phone: 0300 304 7000
- 3). **MIND** – Phone: 0300 1233 393 / Text: 86463

(Student Minds, No date).



(Image 3, 2018)

Mental Health and Well-Being: In Higher Education

What is Mental Health?

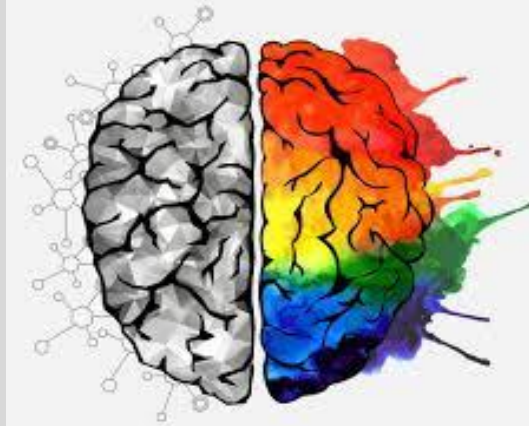
it is 'our emotional psychological, and social well-being. It affects how we think, feel and act. It also helps how we determine how we handle stress, relate to others, and make choices'

(Mental Health Foundation, 2015).

What is Well-Being?

While well-being directly relates to a person's happiness, it can also be measured by how someone feels, and how they function day by day.

(U.S Department of Health & Human Services, 2019)



(Image, 2017)

'1 in 5 students have reported having a *current mental health diagnosis.*'

(The Insight Network, 2019. p6).

University and Mental Health

Deciding to go to university can be part of a delicate transition, it is known to be a happy and independent time however, some individuals may find it harder to cope with the changes. These can include:

- Moving away from a family home
- seeking new support networks
- facing new challenges both socially and intellectually
- forming identities
- Learning money management and facing financial hardship

(Rethink Mental Illness, no date)

Signs of Poor Mental Health and Well-Being

Mental Health and Well-being can affect an individual's physical, intellectual, Emotional and Social development (Mental Health Foundation, no date). Mind (2013) have researched mental health and well-being issues, they have spoken to members of the public who currently have, or had previously experienced poor mental health and wellbeing. One member stated

"it wasn't until I had a breakdown that I felt my condition was serious enough' to qualify as an issue. I could have got help much earlier but I didn't because of this. It is never too early to seek advice" (MIND, 2013)

Signs to look out for

• Poor concentration	• Substance and or alcohol misuse
• Increased stress levels	• Irritability
• Difficulty making decisions	• Loss of confidence and or self-esteem
• No motivations to complete day to day activities	• Low Immune system (constant colds, rapid weight gain or loss)
• A low mood for a long period of time	• Sleeping more
• Change in personality and or character	• insomnia

(Mental Health Foundation, 2019)

Policies for Students that Need Support

- Peer Support Program

Peer Support Programs are accessible in higher education through particular departments or through online portals. Student Minds (No date) describe peer support programs as ***'The space and chance to talk freely about any issues and being able to know that it is a confidential, safe space'*** (Student Minds, No date). All programs are student led which can make an individual's feel like the space is more approachable and informal. Additionally, Students who undertake the peer support role are trained to listen to other students and guide them to appreciate support regarding their mental health and well-being. (University of Oxford, 2019)

'..£2 million to improve mental health and well-being at Welsh universities'

(Welsh Government, 2019)



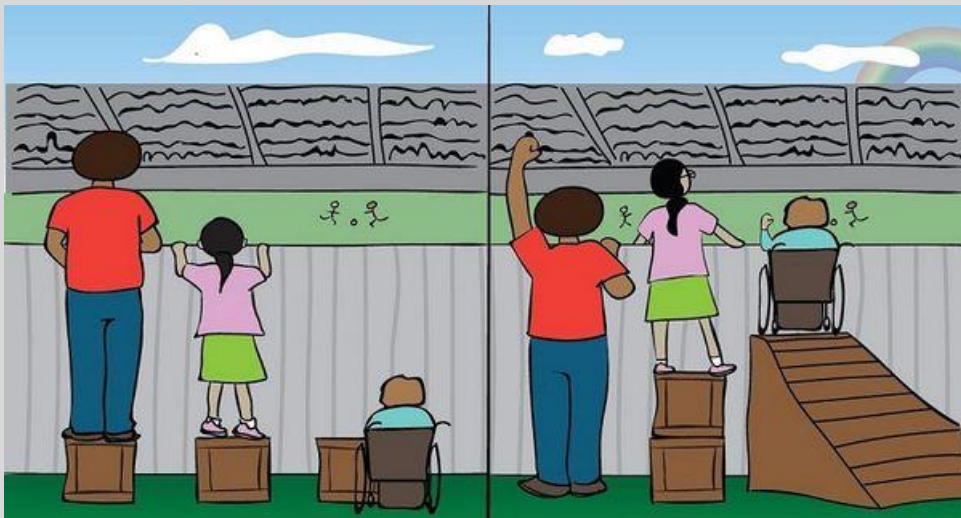
(Image, 2019)

- Counselling Service

Universities offer a free, and confidential service to enable students ***'...to help you gain understanding and insight into any difficulties you may be experiencing, to develop emotional resilience and put into effect real change, enabling you to fulfil your academic and personal potential'*** (University of Oxford, 2019). If you decide to attend counselling through your university, it is important to note that an individual does not need to be referred by a GP or even a tutor to receive professional help from this particular service (University of Nottingham, No date). Additionally, One university has employed SST (Single Session Therapy) it takes three steps;

1. Student goes to the appropriate department
2. Fill out two forms, and read essential information
3. Make an appointment and see a Counsellor

(University of Liverpool, No date)



(Image, 2018)

Legislation that Supports Individuals with Mental Health

- ***Mental Health Act (1983)***

The act was first introduced in 1983, later in 2007 it was updated. The law outlines an individual's rights regarding their mental health in the following environments;

- Initial assessments and treatments in a hospital setting
- Support and treatments that occur in the community
- Receiving treatment in hospital as a result of a civil or criminal matter

According to MIND (2013) the mental health act (1983) the legislation covers six key criteria which aim to support and guide individuals, such as;

- Information when you are being detained in a hospital setting against your wishes
- Information on your family's rights when you are detained against your wishes
- Information when you are detained in hospital, but you are currently involved in the criminal system
- Information on your rights and consenting to treatment when you are detained
- Information on your rights after being released, and the start of a care plan
- Information on your rights when you are receiving treatment in the community (MIND, 2013).

- ***Mental Capacity Act (2005)***

This piece of legislation is designed with the intent to support and empower individuals who may not have the mental capacity to make important decisions about their care, possible treatment or day-to-day tasks for example; a shopping list, or surgery. This law refers to individuals who are aged 16 and above.

The Mental Capacity Act (2005) offers advice which follows as;

- Assume the individual has the capacity to make a decision themselves before intervening to gain independence
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- If a decision is made for an individual who does not have the mental capacity, it is vital to ensure it is in their best interest. (NHS, 2018)

- ***The Equality Act (2010)***

It was first introduced in October 2010, The Equality Act (2010) merges 116 separate laws into a single piece of legislation. The aim of the law is to protect individuals from unfair treatment and discrimination within society (Equality and Human Rights Commission, 2019).

The Equality Act (2010) protects individuals who have certain 'Characteristics' they follow as;

Disability, Age, Gender Reassignment, Marriage and Civil Partnership, Pregnancy and Maternity, Race, Religion, sex and sexual orientation

(Equality and Human Rights Commission, 2019).

Under the protected characteristics, disability covers both physical and mental impairments. The Equality Act (2010) states that an individual's **mental health issue** is more important than the **diagnosis** in order to get protection from the act. (MIND, 2019)

The individual has to highlight how their mental health problem has impacted their life negatively, has an effect on their day-to-day tasks, or has continued longer than 12 months. (MIND, 2019)

Rationale

The leaflet titled '*Mental Health and Well-Being: in Higher Education*'. The group refers to individuals who hold a student status. It is aimed at specific, yet broad audience, according to Universities UK (2018) the data that was collected between 2017-2018 revealed that there were a massive 2.34 million individuals studying at a higher education level in the United Kingdom (Universities UK, 2018).

Mental Health and Well-Being among students seem to be deteriorating in the recent years, in 2018 the Mental Health Foundation (2018) highlighted the increase in mental health issues in a publication stating; 'in 2015/16 over 15,000 first year students in UK universities reported that they had a mental health problem, compared to approximately 3,000 in 2006' (Mental Health Foundation, 2018). Referring back to the amount of individuals that were enrolled on a higher education course in 2017-2018, students need to be aware of all the mental health and well-being services available to them to prevent and treat further diagnostics.

Within the leaflet, the supporting policies and legislation follow as; Peer Support Program, Counselling Services, Mental Health Act (1983), Mental Capacity Act (2005) and The Equality Act (2010). They are the main supporting services that will play a vital part in minimising mental health and well-being in modernised society.

Image references

Image: (2017) <https://newroadstreatment.org/treat-your-mental-illness/> (Accessed on: 15 October 2019).

Image: (2018) <http://clipart-library.com/smartphone-cliparts.html> (Accessed on: 16 October 2019).

Image: (2019) https://www.iconfinder.com/icons/2214669/document_edit_extension_format_paper_pen_pencil_icon

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Image: (2018) <http://psychnursesecrets.com/fulfilling-your-needs/> (Accessed on: 15 October 2019).

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