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UNIVERSITY MENTAL HEALTH LEAGUE TABLE

How well are UK universities looking after the mental wellbeing of the students in their care?

A 7,200 student study and a 1 year research project compiled by leading consultants Advance Pro Bono.

2022



Introduction

Suicide is the biggest killer of under 24s in the UK. This first-of-its-kind report reveals concerning findings on mental health support for students.





Every single suicide is a devastation. These are human beings losing their lives, for reasons that are often preventable. Universities must take responsibility for providing substantial mental health support.

The report uses data produced by Advance Pro Bono, a group established by L.E.K. Consulting Associates, with the support of data-sourcing platform Grape-Data. It compiles the views of over 7,200 surveyed students and information gained through Freedom of Information requests direct to universities.

Advance Pro Bono



Father of Finn Kitson said on Twitter "If you lock down young people because of COVID-19 with little support, then you should expect that they suffer severe anxiety. The student referred to is our son - and we love and miss him so much."

The trade body of universities - Universities UK, have said in a Guardian article that students moving from home to campus "may slip through the gaps in the health system, when they are most vulnerable". "Health services aren't properly designed to help students as they move from home to university... we must not fail a generation by not doing what is required."



Online psychologist and No. 1 Sunday Times Best Seller Dr Julie Smith was one of the core contributing experts for the report.

Dr Julie

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HUMEN is a movement to improve and maintain mental health. 75% of all UK suicides are male. Yet men are half as likely to be diagnosed with depression.

4,984 take their own lives each year according to ONS data. That's 14 every day. 1 father, brother, husband or son killing himself today is tragic. 14 is an emergency.

We're moving beyond the false and limiting notions of what it means to be a man, or a lad, or a bloke. And creating a better world for men and women, where inner health is valued as much as outer.

You are human. I am human. We are HUMEN.

69% of students experience mental health concerns whilst at university

Only half of students feel their university has made them more willing to engage with available mental health services

57% of students have sought their university's help for mental health during their time of study

51% of students say their university does not have the mental health services needed to prevent mental health issues arising

Only 14% of university staff have received mental health training

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HUMEN University Mental Health League Table

Key: Very Poor · Poor · Average · Good · Excellent

		Total Mental Health Score	Satisfaction	Engagement	Awareness	Financing	Service Provision
1	**University of Reading**	**62.5**	**65.7**	**61.9**	**67.8**	**55.0**	**61.9**
2	**Oxford University**	**60.4**	**67.1**	**67.4**	**72.6**	**31.3**	**65.1**
3	**University of Central Lancashire**	**60.0**	**71.8**	**72.8**	**76.1**	**29.2**	**51.2**
4	**The University of York**	**59.1**	**66.0**	**70.9**	**74.8**	**25.6**	**61.7**
5	**Canterbury Christ Church University**	**58.4**	**64.7**	**66.7**	**68.1**	**31.2**	**62.5**
6	**University of Huddersfield**	**57.7**	**68.7**	**69.5**	**71.3**	**27.7**	**51.9**
7	**University of Kent**	**57.4**	**61.1**	**59.1**	**63.2**	**39.2**	**64.2**
8	**University of Bath**	**57.2**	**61.7**	**62.6**	**68.1**	**29.3**	**66.2**
9	**University of the Arts London**	**57.1**	**61.1**	**61.0**	**68.8**	**30.7**	**65.6**
10	**University of Northampton**	**56.9**	**61.3**	**60.7**	**67.9**	**32.0**	**64.3**
11	Edinburgh Napier University	56.9	65.1	67.1	70.6	25.4	58.0
12	University of Lincoln	56.5	57.1	58.5	70.7	42.9	57.3
13	University of Strathclyde	56.2	61.1	63.6	68.3	21.5	69.0
14	University of Sheffield	56.1	59.1	62.4	69.2	30.2	63.0
15	University of Glasgow	54.8	63.4	61.9	68.2	23.2	58.2
16	Leeds Beckett University	54.8	59.8	59.7	63.9	22.8	68.8
17	University of Brighton	54.5	55.6	59.8	62.8	67.2	30.0
18	University of Derby	54.3	59.9	61.7	65.0	29.8	56.7
19	Royal Holloway, University of London	53.8	56.2	55.2	60.1	32.0	66.3
20	Coventry University	53.5	56.3	60.0	65.7	20.9	68.1
21	Brunel University London	53.4	55.6	56.0	61.4	32.8	62.8
22	Imperial College London	53.4	55.0	57.7	63.0	30.4	63.6
23	Swansea University	53.3	57.7	60.0	64.6	27.9	58.5
24	Birmingham City University	53.1	55.5	56.1	59.6	29.2	66.5
25	Manchester Metropolitan University	53.1	59.7	56.7	62.2	20.7	65.8
26	Aston University	52.9	61.3	64.1	64.5	13.5	62.4
27	University of Surrey	52.3	58.3	55.4	62.6	36.8	48.9
28	University of East Anglia	52.0	57.7	60.8	66.4	13.4	64.6
29	Anglia Ruskin University	51.6	55.2	55.9	59.3	29.8	59.2
30	University of Portsmouth	51.6	58.4	60.2	62.0	31.1	47.5
31	Sheffield Hallam University	51.3	52.3	51.6	58.6	31.4	64.1
32	London School of Economics and Political Science - LSE	51.3	51.3	50.6	56.7	31.4	67.5
33	University of Hertfordshire	51.2	62.0	63.0	64.8	18.4	49.0
34	Bournemouth University	50.7	58.4	57.6	58.4	18.8	60.1
35	King's College London (University of London)	50.6	57.6	58.4	61.6	26.1	50.5
36	University of Exeter	50.6	60.1	64.7	66.8		64.2
37	University of Liverpool	50.3	49.7	53.0	60.1	27.9	64.3

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38	University of Greenwich	50.2	60.2	60.1	65.5	9.9	56.7
39	Cardiff University	50.1	52.1	54.8	59.8	23.4	63.0
40	University of Essex	50.1	56.3	55.6	58.9	11.6	68.7
41	Middlesex University	50.1	65.0	61.0	69.5	22.8	32.1
42	University of Westminster	49.8	56.6	58.5	57.4	19.6	57.5
43	University of Sussex	49.8	55.6	53.3	57.9	25.4	56.6
44	University of Manchester	49.1	50.5	52.9	57.6	20.5	66.3
45	University of Cambridge	49.0	53.4	54.6	64.4	18.3	57.1
46	Bristol, University of the West of England	48.9	53.5	56.7	62.5	11.8	63.3
47	Staffordshire University	48.9	63.8	61.7	68.8	23.8	27.2
48	University College London - UCL	48.9	55.8	58.9	66.6		66.7
49	University of Warwick	48.8	54.0	54.1	63.1	18.6	56.3
50	London South Bank University	48.2	59.0	55.8	61.5	6.9	57.6
51	Kingston University	48.1	57.0	57.6	62.1	16.8	48.3
52	University of Salford	47.8	59.7	63.1	64.8	27.6	25.8
53	Edge Hill University	47.7	64.0	61.4	67.9	15.7	29.6
54	University of Aberdeen	47.6	48.6	55.6	51.9	17.3	67.2
55	Nottingham Trent University	47.2	60.2	56.5	63.1		55.9
56	Durham University	45.9	53.4	54.6	60.3	29.4	33.7
57	Northumbria University	45.5	58.1	54.4	63.7	22.9	29.1
58	Plymouth University	45.5	54.9	51.1	61.3		60.6
59	The Queen's University Belfast	44.7	57.5	60.1	63.6	4.2	40.3
60	Liverpool John Moores University	43.3	53.0	54.5	58.2	17.8	34.5
61	University of Edinburgh	43.2	47.8	49.8	57.8		63.8
62	University of Wolverhampton	43.1	59.9	62.8	63.3	3.1	27.9
63	De Montfort University	42.7	52.9	57.3	58.5	26.5	20.8
64	Queen Mary University of London	42.5	55.2	54.3	56.3	17.0	29.9
65	University of Leicester	42.1	57.0	57.3	64.8	8.2	25.1
66	University of Leeds	41.8	56.5	56.9	62.9	17.6	16.6
67	University of Hull	41.3	56.7	56.0	61.4		33.5
68	University of Bristol	41.3	44.9	49.8	57.7	27.6	30.9
69	University of Ulster	40.9	68.4	64.8	70.8		
70	Roehampton University	40.4	65.8	66.9	70.9		
71	**University of East London**	**38.8**	**63.8**	**62.6**	**68.6**		
72	**University of Southampton**	**37.7**	**53.3**	**52.3**	**62.6**		**22.6**
73	**University of Nottingham**	**37.3**	**51.3**	**49.1**	**58.1**	**14.7**	**14.6**
74	**Oxford Brookes University**	**37.1**	**59.5**	**60.2**	**67.8**		
75	**City University London**	**36.8**	**61.9**	**59.2**	**62.1**		
76	**University of Newcastle**	**36.7**	**60.3**	**58.0**	**66.2**		
77	**Loughborough University**	**36.7**	**61.4**	**57.0**	**65.0**		
78	**University of Bedfordshire**	**35.9**	**60.1**	**58.8**	**60.3**		
79	**Lancaster University**	**33.7**	**54.4**	**52.6**	**63.3**		
80	**The University of Birmingham**	**32.3**	**51.0**	**55.8**	**57.7**		

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