

**Faculty of Business, Law and Social Sciences**

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| **Proposed Title:**Strategies for tackling mental health and wellbeing in education |
| **School:**Social Sciences (Psychology) |
| **Proposed Supervisory Team:**Dr Emily Harrison; Dr Amy Cook; Dr Helen Egan |
| **Abstract:**Findings from BCU undergraduate students who have accessed the Psychology Departments Mental Health First Aid Peer Support Scheme, demonstrate that the coping strategies that they have developed in Higher Education although effective, would have been more beneficial if learnt at a younger age. This has motivated the current project to focus on developing mental health interventions for adolescents. Given that adolescents spend the majority of their time in school, we plan to work in collaboration with schools to develop interventions that can be implemented within the school environment. In particular, pupils with Special Educational Needs (SEN), Looked After Children (LAC), Children In Need (CIN), those who are socially disadvantaged, or whom have family members with mental health problems are at a greater risk of experiencing social, emotional and mental health (SEMH) issues compared to their peers. As such, this project aims to focus on developing interventions to target those pupils with this profile. **Project Aims**1. To identify adolescents at risk of mental health problems / in need of mental health support or intervention at participating schools.
2. To evaluate existing approaches of intervention/support within participating schools.
3. To gain an insight into teacher awareness, perspective and experience of mental health in education.
4. To gain an insight into the support needed by these pupils to support positive mental health and wellbeing.
5. To design and develop, administer, and evaluate the impact of a mental health intervention with participating children.
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| **Research Environment:**The applicant would join a number of PhD students already enrolled in the Department of Psychology, forming part of a growing postgraduate research community, and be a member of the newly established Centre for Research in Lifespan and Behavioural Sciences. The proposed project builds upon previous work published by members of the supervisory team and will support the research strategy and targets of the research centre and the school.  |
| **Applicant Requirements:*** Candidates will be expected to have an Upper Second Class Honours Degree (or above) in Psychology or other relevant subject area.
* Relevant experience working on previous educational or developmental research projects, and/or previous work or voluntary placement(s) in schools is desirable.
* Candidates must have a strong interest in mental health in education.
* Candidates must be able to travel to participating schools independently and transport testing materials securely.
* Please note that you will need to complete a DBS check prior to any data collection.
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