



Initial interventions in mental health

When a mobility student is identified as experiencing a possible mental health situation, they should follow the **same procedure as any other URV student**. The CU assesses each case and, with the person's consent activates the necessary protocols.



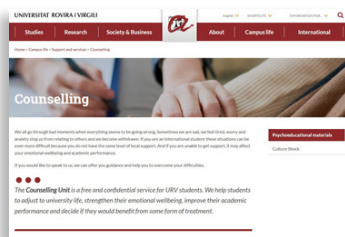
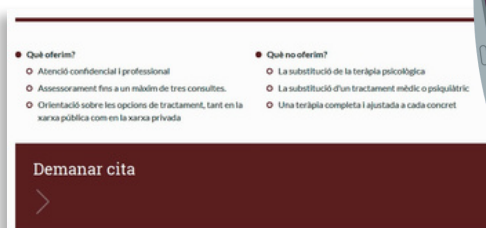
1

ACCESSING THE SERVICE

What is the first thing you should do if you are experiencing a mental health situation?

- Book **an appointment with the CU** via the URV website:

[Counselling Unit URV](#) (EN).



Day, time and mode are agreed with the student: in person (lecturers' offices, Sescelades Campus) or online (Teams).

2

RESOURCES

- What does the CU do?

- Provide **individualised advice and support**.
- Identify **risk situations that threaten a person's safety**. Assess whether there are services at the URV from which the student could benefit and recommend them (e.g. tutoring, teaching coordinators, Equality Service, Diversity Support Service).
- Assess whether there are any external community-based services outside the URV from which the student could benefit and make referrals (e.g. mental health services).

3

VISITS
PER STUDENT,
EXTENDABLE



SUPPORT IN ALL THREE
LANGUAGES

3

Languages



Student **confidentiality is guaranteed** except in situations where their safety takes precedence (e.g. if there is a danger of self-harm and/or suicidal behaviour). In such cases, with the student's permission, the student's designated **contact person or family member** will be informed.



INTERNATIONAL CENTER
Universitat Rovira i Virgili

Modes

Person · Sescelades Campus
Online · Microsoft Teams
Contact · Counselling Unit