

**Our Ref: 008/23**

As of 1 October 2012, Edinburgh's Telford College, Jewel & Esk College and Stevenson College merged to create a single college called Edinburgh College.

We refer to your request for information dated 24 February 2023. The College has considered your request as a request for information under section 1 of the Freedom of Information (Scotland) Act 2002 ("FOISA").

**008/23 (1):** Do you offer individual counselling for students? Yes

**008/23 (2):** Do you offer in-person counselling for students? Yes

**008/23 (3):** Do you offer online counselling (e.g., Zoom, Teams) for students? Yes

**008/23 (4):** Do you offer email counselling? No

**008/23 (5):** Do you offer WhatsApp counselling? No

**008/23 (6):** Are you affiliated with a 24/7 hour crisis line? No

**008/23 (7):** Do you offer digital mental health apps? Yes

**008/23 (8):** If you offer digital mental health apps, please indicate whether you provide the following services:

- a. TogetherAll No
- b. Silvercloud Yes
- c. Feeling Good App Yes
- d. Beat the Blues No
- e. Other. If so, which? N/A

**008/23 (9):** Do you offer Triage and Mental Health Assessments? No

**008/23 (10):** Do you offer psychoeducational workshops? If so, which? No

**008/23 (11):** Do you offer clinical groups? If so, which? No

**008/23 (12):** Are you able to make direct referrals into Community Mental Health Teams for at risk students?

Not at this time, however we are working in collaboration with the NHS on a pilot where appointed staff at Edinburgh College can refer to a DBI Service.

**008/23 (13):** What type of counselling model do you provide (e.g., six session model, one at a time model)

Brief therapy model with 6-8 sessions depending on preference and need of the client.

**008/23 (14):** Do you have a limit for the maximum number of counselling sessions students can receive?

We have a soft limit of 8 sessions within 8 weeks.

**008/23 (15):** Do you offer additional appointments for at risk students?

Yes, this will be assessed by the practitioner and discussed with counselling lead based on ethical consideration and risk assessment.

**008/23 (16):** Do you offer the following therapeutical modalities:

- a. CBT No
- b. EMDR No
- c. Integrative Therapy Yes
- d. Person-Centred Counselling Yes
- e. Mindfulness-Based Interventions Yes
- f. Other. If so, which? Transactional Analysis

**008/23 (17):** Do you offer counselling in British Sign Language? No

**008/23 (18):** If you answered no to Question 17, are you able to provide alternative counselling support for deaf students?

If a deaf student wanted to access counselling then the College would arrange for a BSL interpreter through Deaf Action.

**008/23 (19):** What was your total student population in the academic year 2021/22?

27,647

**008/23 (20):** How many counsellors (FTE) were employed at your college in the academic year 2021/22? 3.6 FTE

**008/23 (21):** How many disability disclosures were made at your college in the academic year 2011/12?

The Academic Year (AY) requested (2011/12) is prior to the creation of Edinburgh College. Please note, Edinburgh College was created as a result of the merger of Edinburgh's Telford College, Jewel & Esk College and Stevenson College on 1 October 2012.

**008/23 (22):** How many disability disclosures were made at your college in the academic year 2021/22?

6904

**008/23 (23):** How many mental disability disclosures were made at your college in the academic year 2011/12?

The Academic Year (AY) requested (2011/12) is prior to the creation of Edinburgh College. Please note, Edinburgh College was created as a result of the merger of Edinburgh's Telford College, Jewel & Esk College and Stevenson College on 1 October 2012.

**008/23 (24):** How many mental health disability disclosures were made at your college in the academic year 2021/22?

2934

**008/23 (25):** How many students requested counselling in each academic year since 2011/12 until including 2021/22?

We are unable to provide figures prior to 2018/19 as the college did not provide a dedicated counselling service to students until the student counselling service was set up as a pilot for the 2018/19 Academic Year.

In 2018/2019 - 190 students self-referred.

In 2019/2020 - 96 students self-referred

In 2020/2021 – 88 students self-referred (please note that the waiting list closed for 2 months due to change of counselling service provider (external to internal)

In 2021/2022 – 170 students self-referred

**008/23 (26):** What were the average waiting times (in days) for counselling in each academic year since 2017/18 until including 2021/22?

2018/2019 – No data

2019/2020 – No data

2020/2021 – 14 days

2021/2022 – 20 days

**008/23 (27):** What was the maximum waiting time (in days) for counselling in the academic year 2021/22? 30 days

**008/23 (28):** Please provide the number of students who presented at your counselling service which each of these issues in the academic year 2021/22:

We have considered your request for information (relating specifically to **008/23 (28)**, **008/23 (30)** and **008/23 (31)**) and can confirm that the College would need to undertake a significant manual search to provide the data as requested.

The level of work involved in undertaking this manual search would exceed the £600 fee and the College is not obliged to respond to this request under Section 12 of FOISA (excessive cost).

Please note, the College is collating this data centrally for AY 2022/2023.

a. Abuse

- b. Academic
- c. Addictive behaviours
- d. Anxiety
- e. Depression and mood change disorder
- f. Eating Disorder
- g. Loss
- h. Other mental health conditions
- i. Physical health
- j. Relationships
- k. Self-harm
- l. Self and identity
- m. Sexual issues
- n. Transitions
- o. Welfare and employment

**008/23 (29):** Please provide more information on the gender of students who received counselling in the academic year 2021/22 (preferably in total numbers rather than percentages).

Women (including trans women)	110
Men (including trans men)	49
Non-Binary	11
Total	170

**008/23 (30):** Please provide more information on the ethnicity of students who received counselling in the academic year 2021/22 (preferably in total numbers rather than percentages).

Please refer to response **008/23 (28)**.

**008/23 (31):** Please provide more information on the year of study of students who received counselling in the academic year 2021/22 (preferably in total numbers rather than percentages).

Please refer to response **008/23 (28)**.

**008/23 (32):** In 2019, the Scottish government announced plans to fund 80 additional mental health counsellors in Scottish colleges and universities between 2019 and 2023. Please indicate how many counsellors (FTE) have been appointed in your college using this funding by the Scottish Government.

3.6 FTE

**008/23 (33):** In 2019, the Scottish government announced plans to fund 80 additional mental health counsellors in Scottish colleges and universities between 2019 and 2023. If possible, please provide further information about the role descriptions of newly appointed counsellors.

<https://www.myjobscotland.gov.uk/education/edinburgh-college/jobs/student-counsellor-ec00717pc-237325>

**008/23 (34):** Please indicate the number of student suicides at your college every year since 2016/17 until including 2021/22. If you cannot provide a number for each year for confidentiality reasons, please provide a total number of student suicides between this time period instead.

In reference to Section 17 of FOISA, we can confirm this information is not held as cause of death is not recorded by the College.

Edinburgh College is subject to the provisions of the Freedom of Information (Scotland) Act (FOISA) 2002. If you are dissatisfied with this response, you may ask the college to review this decision. To do this, please contact the Director of Communications, Policy and Research at the postal address below or e-mail the Director of Communications, Policy and Research at [governance@edinburghcollege.ac.uk](mailto:governance@edinburghcollege.ac.uk) describing your original request and explaining your grounds for dissatisfaction. (Please include in your review request, your name and address (email or postal) for correspondence).

You have 40 working days from receipt of this letter to submit a review request to:

Director of Communications, Policy and Research  
4th Floor  
Edinburgh College (Milton Road Campus)  
24 Milton Road East  
Edinburgh  
EH15 2PP

When the review process has been completed and if you are still dissatisfied, you may ask the Scottish Information Commissioner to intervene.

You can make an appeal to the Commissioner by email or post.

To appeal by email, send your application form or email to mail to:  
[enquiries@itspublicknowledge.info](mailto:enquiries@itspublicknowledge.info)

To appeal by post, send your application form or letter to:

Scottish Information Commissioner  
Kinburn Castle  
Doubledykes Road  
St Andrews  
KY16 9DS

Full details on how to make an appeal to the Commissioner are available from their website:  
<http://www.itspublicknowledge.info/Appeal>

You must appeal to the Commissioner within six months of receiving the review decision.

You also have the right to appeal to the Court of Session on a point of law following a decision of the Commissioner.

Regards  
FOI Team