

## Enhancing Mental Health and Emotional Well-Being for Students and Staff: A Panel Discussion

**ANCA ALBA** \*

**Kings College London, UK**

**And**

**LUCY HOLLAND** †

**Middlesex Student Union, UK**

**And**

**CARL LYONS** ‡

**We Are Conscious, Middlesex staff coach, UK**



Youtube link: <https://youtu.be/i4jEkg-WjvY>

---

\* **Corresponding author:** Anca Alba. Email: [anca.alba@kcl.ac.uk](mailto:anca.alba@kcl.ac.uk)

† **Corresponding author:** Lucy Holland. Email: [l.holland@mdx.ac.uk](mailto:l.holland@mdx.ac.uk)

‡ **Corresponding author:** Carl Lyons. Email: [info@weareconscious.co.uk](mailto:info@weareconscious.co.uk)

Our three panelists discuss issues such as institutional responsiveness, support for staff, the challenges of student loneliness, domestic violence, accessibility to support and stigma.

**Anca Alba**, *Head of the Mental Health Support Team, Counselling and Mental Health Support Service at King's College London*

**Lucy Holland**, *Middlesex Student Union, Vice President*

**Carl Lyons**, *Author and Founder of We Are Conscious*

The session is facilitated by Professors Sarah Corrie <https://www.sarahcorrie.com/about-me/> and Carol Costley, <https://www.mdx.ac.uk/about-us/our-people/staff-directory/profile/costley-carol>

Work and Learning Research Centre, Department of Education, Middlesex University.

**Anca Alba**, PhD, DClinPsy Head of the Mental Health Support Team, Counselling and Mental Health Support Service at King's College London.

Anca is a Clinical Psychologist and the Head of Mental Health Support in the Counselling and Mental Health Support Service (C&MHS) at King's College London. Anca has worked in the NHS in CAMHS outpatient and inpatient services before joining C&MHS at King's and has experience in working with young people with complex mental health needs.

**Lucy Holland** Middlesex Student Union, Vice President.

Lucy is the Vice President Art & Creative Industries faculty representing all students within these schools at Middlesex and working closely with the School Voice Leaders on the Middlesex Student Union Executive. Each Student Officer also has particular interests in and responsibilities for other areas of student life and Lucy has a particular role in mental health and well-being.

**Carl Lyons** Author and Founder of We Are Conscious.

Carl has been a performance coach for over 20 years helping individuals and organisations optimise their health and well-being. He is the author of three highly acclaimed books and has written many articles for publications about self-awareness, personal performance and health. For more information visit: [www.weareconscious.co.uk/programmes](http://www.weareconscious.co.uk/programmes)

If you have any questions for our panelists please send them to Carol Costley [c.costley@mdx.ac.uk](mailto:c.costley@mdx.ac.uk). Your questions and the responses from the panelists will be sent to you and will appear in the next issue of the journal.