

# Disabled Students Allowance

## Non-Medical Helper

### Specialist Mentor

Specialist Mentor support is designed to offer strategies for independent learning to people with mental health problems and Autistic Spectrum Conditions.

Specialist Mentoring is non-subject specific academic support combined with an in-depth understanding of mental health and/or ASC's.

Specialist mentoring will be provided by an individual with relevant academic experience and qualifications.

#### Band 4

Specialist mentor support may include the following:

- Time management and organisation
- Identifying barriers to learning and developing strategies to address these barriers
- Help with timetabling and attendance issues
- Providing motivation and confidence building techniques
- Helping in situations where mental health conditions could be triggered
- Help with communication skills
- Recognising stress points and developing coping strategies
- Encouragement to recognise and share achievements
- Exam and revision strategies

This list is not exhaustive and your support may feature activities not listed here.