

Dear Applicant,

**Freedom of Information Response (Our Ref: K/20/029)**

Thank you for your Freedom of Information (FOI) request dated 13 January 2020, reference K/20/029.

Your request read:

“Please could you tell me:

- 1) The number of students using the university’s counselling services in the following years:  
2013-14  
2014-15  
2015-16  
2016-17  
2017-18  
2018-19
- 2) The number of students enrolled at the university in those years
- 3) A breakdown of the reasons for students accessing counselling, for as many of the listed years as possible
- 4) If you have data for the number of students seeking/accessing counselling because of financial concerns (or any financial-related reasons), please provide that, broken down by year. If this is included as part of the response to part 3) of my request, then please ignore this.

If you cannot provide data for all years, please provide as many years as possible, starting with the most recent.

If you cannot provide answers for all questions, please prioritise question 1, then 2, then 3, then 4.”

The University of Leeds holds some of this information. For your convenience we have addressed each question in turn below.

**1) The number of students using the university’s counselling services in the following years.**

Please find the information held by the University in the table below.

Please note that the information held by the University relates to the number of requests made for support. Students may engage with the counselling service multiple times over the course of a year and as such the total number of requests for a service does not necessarily equate to the number of students who have engaged with the service.

Year	Counselling requests	Mental Health Support requests	Total
2013-14	1875	353	2228
2014-15	2090	250	2340
2015-16	2271	177	2448
2016-17	2535	208	2743
2017-18			3048
2018-19			3797

*\*please note that for 2017-18 onwards, we do not hold information split into counselling and mental health support, and as such can only provide a total figure.*

## 2) The number of students enrolled at the university in those years

The University of Leeds holds this information. However, as the information held by the University is available in the public domain we will, under section 21 of the Freedom of Information Act, direct you to the published source.

This information can be found as part of the University's [reports and accounts](#). In order to be helpful, we have provided page numbers and a direct link for each report below

- [2014/15](#) – page 34
- [2015/16](#) – page 10
- [2016/17](#) – page 11
- [2017/18](#) – page 12
- [2018/19](#) – page 26

## 3) A breakdown of the reasons for students accessing counselling, for as many of the listed years as possible

Please note that the manner in which this type of information is recorded has changed over time.

Major Issues dealt with in Counselling								
	2009/ 10	2010/ 11	2011/ 12	2012/ 13	2013/ 14	2014/ 15	2015/ 16	2016/ 17
Anxiety Related	503	545	694	661	714	781	856	951
Relationships (Families)	545	461	573	527	545	470	486	478
Depression	277	386	399	359	317	391	440	431
Academic difficulties	364	356	397	406	388	339	363	340
Stress			193	175	234	204	307	263
Self Esteem			375	256	260	286	295	264

Counselling – presenting issues 2017/18	
Anxiety	1037
Suicidal attempts / feelings	85

<b>Counselling – presenting issues 2017/18</b>	
Relationship issues	800
Bereavement	137
Abuse/Trauma	85
Academic difficulties	346
Self-esteem	269
Eating disorder	44
Violence by other	167
Loss	199
Post-Traumatic stress	90
Financial issues	18

<b>Counselling – presenting issues 2017/18</b>	
Academic issues	14
Anxiety	131
Depression	114
Addiction	<5
Panic	26
Relationship	24
Stress	57
Confidence	23
Eating disorder	10

Please note that where the total number of cases in a category is less than or equal to five, we have withheld the total figure under section 40(2) of the FOI Act.

Section 40(2) sets out that information is exempt from disclosure if it is the personal data of someone other than the person making the request, and disclosure would; contravene the data protection principles; contravene an objection to processing; or if the data is exempt from the right of subject access. We consider that the release of this information would be likely to lead to the identification of individuals, and would therefore reveal sensitive information, which would be extremely distressing to the relevant students. This would be unfair and would therefore breach their data protection rights.

- 4) If you have data for the number of students seeking/accessing counselling because of financial concerns (or any financial-related reasons), please provide that, broken down by year. If this is included as part of the response to part 3) of my request, then please ignore this.**

Please refer to the tables set out in response to question three above. Please note that we only started to record 'financial difficulties' information in the 2017/18 academic year.

We hope this information is helpful. If you have any questions about this email, however, please do not hesitate to contact us on [foi@leeds.ac.uk](mailto:foi@leeds.ac.uk)

If you are unhappy with the service you have received in relation to your request and wish to make a complaint or request a review of our decision, you can request an Internal Review. Requests for Internal Review should be made in writing using the following contact information:

Post: Mr D Wardle  
Deputy Secretary  
The University of Leeds  
Leeds  
LS2 9JT

Email: [foi@leeds.ac.uk](mailto:foi@leeds.ac.uk)

Requests for Internal Review should be submitted within 40 working days of receiving the University's response to your request. Further information about how the University manages Freedom of Information requests and about our complaints procedure is also available on our website ([www.leeds.ac.uk](http://www.leeds.ac.uk)).

If you are not content with the outcome of the internal review, you have the right to apply directly to the Information Commissioner for a decision. Generally, the ICO cannot make a decision unless you have exhausted the review/complaints procedure provided by the University. The Information Commissioner can be contacted at: Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF.

Sincerely  
**Chloe Wilkins**  
**Freedom of Information Officer**  
University of Leeds