



British Pharmaceutical Students' Association  
The Official Student Organisation of the Royal Pharmaceutical Society

## Supporting Pharmacy Students' Wellbeing

'As an Association, we believe that the mental health of pharmacy students, pre-registration trainees, and pharmacists is of the utmost importance.' This is a motion which was unanimously passed at our 76th Annual Conference in 2018. From a recent survey which we conducted during the first wave of the pandemic, 644 of our members expressed their views on their wellbeing. We found that 66.5% of students felt an increase in anxiety and 79% experienced an increase in low mood as a result.

With the second wave of the pandemic currently occurring, students are in and out of lockdown and restricted from seeing their existing support networks. It is now more vital than ever that the appropriate support is in place and students are aware of how to access this. We found that 85% had never used previous support services and 49% do not know how to access support services at their university or workplace. In addition, we identified that 79% of our surveyed members reported that they turned to their friends for mental health support rather than free and available services. This year we are offering Schools of Pharmacy Mental Health First Aid (MHFA) training in order to equip students with the skills to support their peers. We encourage Schools to consider funding places for their students to attend these sessions and become accredited mental health first aiders.

In light of the changes to education, we call upon Schools of Pharmacy to revisit our statement from May on the [no detriment policy](#) and urge them to consider implementing a no detriment policy in this academic year. Despite schools adapting to ensure the best for their students, students have continued to face hardship in many aspects which risk being reflected in their MPharm degree. This includes being forced to change learning habits with fewer face-to-face teaching sessions and limited access to resources, less social interaction including with their support networks, and being isolated indoors without change of environment. These factors should not diminish their degree classification that they work hard to achieve.

It is of the utmost importance that we ensure pharmacy students are supported in both their professional and personal lives, including throughout their education.

**Yours Sincerely,**

**On behalf of the British Pharmaceutical Students' Association**

Sean Brannen  
President 2020 - 2021

Bella Shah  
Vice President 2020 - 2021