

The 5 working areas of the Student Mental Health Agreement

Raise awareness of support available

Through student orientation we will increase visibility of services, providing our community with information, and thereafter, regular updates and advice on maintaining positive mental wellbeing and how to access support and services.

We will deliver a comprehensive programme of wellbeing communication and engagement activity focused around key 'pressure point' times of the year offering students with academic advice and support and mental health advice and support.

Ensure that support services are available and accessible to all

We will continually strive to create an open and inclusive environment where staff and students have access to the information, mechanisms and support they need to maintain positive mental wellbeing and support them through difficult periods. With particular focus on those that may be harder to reach or have specific needs.

We will review and monitor the effectiveness of our services and support, listening to student feedback and continually implement improvements.

We work to improve the accessibility of internal support services, and how we assist students in accessing external specialist support.

Support Schools to develop a more consistent approach to study related support

We will place particular focus on extension request procedures for reasons related to mental health and the evidence requested in these circumstances.

Encourage, promote and facilitate student self-care

Through supporting the ongoing efforts to challenge and change attitudes around mental health we will enhance our positive culture where everyone is treated with dignity and respect.

We will work with schools and academic staff to develop communication and empower students to maintain a healthy study-life balance and prioritise self-care.

Continued development of staff support, training, and resources

We will equip staff with the tools, knowledge, and confidence to identify and support a student experiencing ill mental health through enhanced training, access to information and improved signposting to support.