

### Raise awareness of support available

### Encourage, promote and facilitate student self-care

### Ensure that support services are available and accessible to all

### Continued development of staff support, training, and resources

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

- 'Spotlight On' or 'In conversation' events with services
- Review what is already being done
- Increase marketing and promotion of existing services with social takeovers & Q&A's
- Share student content and experiences of using University services.

- Work with schools to develop a more consistent framework for wellbeing and mental health support communications
- Continue to develop the take 5 to check campaign.
- Run activities that allow students to refresh and recharge during their working day.

- Research local support services and learn from what they provide
- Create working links with local specialist support services & promote to students
- Review University support available and look to identify any gaps in provision and how to address these.

- Raise awareness of the signs of poor and deteriorating mental health
- Develop a guide for staff to support student's mental health
- Review training for staff ensuring it is fit for purpose

- Currently linking in with the Delivery of Education Group regarding Extensions and the current work and discussions in the ongoing development of these procedures and policies.