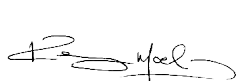


STUDENT MENTAL HEALTH AGREEMENT

At Forth Valley College (FVC) and Forth Valley Student Association (FVSA), we understand the importance of promoting and supporting the mental health and wellbeing of all our students and members. Mental health impacts everyone - it affects not only how we feel, but also our ability to work, engage, and learn. We believe that fostering good relationships and a strong sense of peer support is essential to creating an environment where everyone feels valued, supported, and connected. FVC and the FVSA are committed to working collaboratively to maintain an environment free from mental health stigma, and to supporting students in achieving their goals.

This updated Student Mental Health Agreement (SMHA) aims to raise awareness and promote positive wellbeing for students during their time at FVC. It outlines our commitment to working in partnership with FVC to support the mental health and wellbeing of all students and members. The Agreement is designed to have a constructive impact on student wellbeing through regular, meaningful engagement, along with ongoing promotional activities, and fostering good signposting networks.

We have built this Agreement upon the foundation of the 2022 Agreement. FVSA developed and conducted a student survey, with the responses helping to identify key areas where support was needed. The Autumn 2024 Student Council meetings provided an opportunity for comments and approval of the Agreement.



Kenny MacInnes
Principal & Chief Executive



Kirsten Kennedy
FVSA Vice President

PLEDGES

To highlight support services, both internal and external, that are available to students throughout the academic year.

Forth Valley College delivers support services for students, however we also aim to highlight as many options for support that exist within the NHS and the wider community. We shall deliver promotions via online platforms, as well as via campus based activities. It is important that we raise awareness of different services available, so that students are aware of their options, and how to access them.

We aim to achieve this pledge by:

- Regularly promoting our internal services, and external support organisations, via our digital and social media platforms and on-campus outlets.

To hold mental health and wellbeing related activities throughout the year to raise awareness, offer signposting, as well as challenge stigma and discrimination

Managing mental health can be challenging for many of our students, not only for those who are coping with poor mental health themselves but also those who may be supporting family members or friends. Some students may not have much knowledge about mental health. We want to encourage students to build on their knowledge of mental health, and support services which exist within the College and externally via the NHS and other service providers. We also aim to challenge stigma and misconceptions of mental health issues.

We aim to achieve this pledge by:

Delivering a range of mental health activities across all three College campuses, with a programme of activity covering the academic year;

- Promoting activities regularly throughout the year to students via FVSA and FVC platforms;
- Seeking feedback from students to ensure activities are relevant, engaging, and encompass a wide variety of mental health topics.

To promote activities to support students in signposting to FVSA, College, and external support services

We want to deliver activities in order to enhance the student experience, particularly in relation to peer support by encouraging students to develop knowledge required to support themselves and the people around them. We hope that this will help students to manage their mental health out-with College and beyond.

We aim to achieve this pledge by:

- Delivering activities to engage with groups of students to enhance their student experience and promote a greater sense of community belonging;
- Ensuring training materials for Class Reps include signposting classmates to mental health support services;
- Delivering a mental health information session/workshop at Class Rep Conferences.

To promote internal and external mental health support services to groups of students who are under-represented in current engagement data

Some groups are under-represented when it comes to engaging with support services. We will deliver activities in order to encourage students to refer themselves to services as appropriate. We will monitor rates of engagement wherever possible.

We aim to achieve this pledge by:

- Evaluating College counselling and wellbeing data in terms of service users, and implementing recommendations to increase engagement of under-represented students;
- Raising awareness of local and national digital resources via FVC and FVSA platforms that are targeted at specific groups of students;
- Creating and publishing case studies to help promote support services to students who are typically under-represented in engagement data.