



STUDENT HEALTH AND WELLBEING AGREEMENT

Glasgow Clyde College and Glasgow Clyde College Student Association work collaboratively to ensure that every student has the opportunity to thrive at college, both academically and personally. We are committed to providing a positive and nurturing environment where everyone feels safe, valued and empowered to achieve their full potential.

Our inclusive and proactive approach to supporting students' health and wellbeing stems from the understanding that everyone has mental health, just as we all have physical health, therefore it benefits all students to have access to information, resources and services which focus on how to stay well and thrive at college.

Purpose of the Agreement

The main purpose of this agreement between Glasgow Clyde College and Glasgow Clyde College Student Association is to develop and adopt a whole college approach to the health and wellbeing of all students and staff which is evidence based, effectively communicated and consistently implemented.

The following priorities have been identified:

- **To raise awareness college-wide of the connection between mental health and wellbeing and to actively engage staff and students in open conversations about their wellbeing.**
- **To design a suite of health and wellbeing resources which reach ALL students from enrolment onwards, via the college's online learning platform. These resources focus on building resilience and developing positive coping strategies.**

- To increase the confidence of staff to offer appropriate guidance to students where there are concerns around their emotional or mental health and, importantly, to raise awareness of how to signpost students to appropriate support.
- To strengthen connections with external partners and establish seamless referral pathways to services which can provide timely support for students in mental distress.
- To reduce stigma and fear about mental ill-health by making it easy for students and staff to seek help early.
- To promote suicide prevention and increase college-wide confidence to talk openly about suicide and seek help early.

Reviewing our Student Health and Wellbeing Agreement

Glasgow Clyde College and Glasgow Clyde College Student Association understand the importance of reflecting on what is working well and identifying areas for improvement on an ongoing basis. We are committed to building on the innovative work that is currently being undertaken within Glasgow Clyde College and will ensure that progress is regularly and objectively evaluated.

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Student Association President

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Glasgow Clyde College Principal