



STUDENT MENTAL HEALTH AGREEMENT

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Signed on behalf of City of Glasgow
College, Principal & CEO Paul Little

Signed on behalf of Student President,
Megan McClellan

INTRODUCTION

Since City of Glasgow College and CitySA first came together in 2019 to establish the institution's joint Student Mental Health Agreement, the educational landscape and the general student experience as we know it has changed dramatically. Despite the unprecedented circumstances we have now found ourselves in as a college, our students and staff have endured throughout, adapting to the new 'normal' by embracing a largely hybrid learning/working model and showing a level of resilience that is nothing short of remarkable. Moving forward, we continue to put our student's mental health & emotional wellbeing at the heart of everything that we do as a college. We will strive to maintain an inclusive and respectful learning environment that works to tackle stigma around mental health, which in turn will help normalise a culture where we can all speak openly about mental health issues without fear of judgment or discrimination. Finally, as always, City will continue to gather student opinion to develop our learning and teaching, and future services in order to improve the student experience. Through this document, we aim to solidify the partnership between the college and our Students' Association.

PRINCIPLES

Leadership, Strategy, Policy

The SMHA will work within College strategies, policies & procedures to improve student and staff mental health

Student Voice and participation

The SMHA will ensure student involvement in the development of mental health strategies and include the student voice and participation in shaping processes

Cohesiveness of support across the provider

The SMHA will encourage collaboration and cohesiveness across and between students, student support services and academic teams

Inclusivity and Intersectional mental health

The SMHA will support staff and students who face additional barriers due to structural, personal or cultural inequalities eg. LGBTQ+ students, BAME, care leavers, carers, disabled students, widening participation, ESOL, international students etc

Research, innovation and dissemination

The SMHA will report at relevant committees, share good practice and learning and celebrate success with students and partners



LEARN

City recognises how important early experiences are in relation to creating a positive learning environment for students.

This partnership agreement will strive to ensure that all students get the help that they need to succeed throughout their learner journey. We aim to make sure all of our services are easy to access from day one, so that students feel supported discussing their mental wellbeing and are confident with how to approach their learning.

Student Digital Journey

City staff and students will review the digital student journey to ensure inclusivity, accessibility, prevent digital stress and support learning.

Student Experience Workshops

The Student Experience Directorate will offer a portfolio of workshops aimed at supporting student's emotional wellbeing and mental health.

Mental Health Toolkit

College Partners will work together to develop Mental Health Toolkits that will support staff and students build resilience, confidence, promote wellbeing and social connectedness.

Library of the Future

Students will work alongside Staff to develop Library spaces that will increase opportunities to learn together, provide access to digital services and share information that is relevant to students and staff.



SUPPORT

City understands that a wide range of different support services must be in place so that our diverse range of students can be supported to achieve.

As part of this agreement, the college will ensure that a wide range of support services are available to students, regardless of circumstance, which will help students overcome any barriers to achieving their full potential. The college will also run initiatives and campaigns across the year which will tackle the stigma surrounding mental health disclosure and different conditions.

Get Ready for College

College Partners will work together to ensure seamless support from application to enrolment.

Gender Based Violence Initiatives

The Student Experience Directorate will raise awareness of gender-based violence and promote a safe, zero-tolerance environment.

Mental Health Mentors Programme

Mental Health Mentors will deliver one-to-one personalised support for vulnerable students to encourage engagement in college life.

Awareness Raising Campaigns

Students will work alongside Staff to develop Library spaces that will increase opportunities to learn together, provide access to digital services and share information that is relevant to students and staff.



WORK

City realises that the wellbeing of our staff is a crucial component to ensuring we have a whole institution wide approach to mental health. Only by supporting our staff effectively will we be able to make sure all of our students receive the best possible support.

The college will work alongside both academic and support staff to ensure that we continue to embrace a positive and supportive workplace culture, which prioritises staff mental wellbeing. We will work in partnership to ensure a programme of wellbeing events and training is available all year round, so that staff can upskill themselves on how to best support our students effectively.

Staff Wellbeing and Development Initiatives

City will offer a range of workshops, events and initiatives aimed at supporting staff wellbeing and mental health.

Staff Wellbeing Surveys and Research

City will provide an evidence base upon which to develop wellbeing culture.

Staff Training

City will deliver an annual programme of training opportunities aimed at upskilling staff on mental health.



LIVE

City knows that students, more so than ever, wish to make the most of their time with us by socialising with others and participating in new experiences and learning opportunities.

City will ensure students will have access to a range of different opportunities to develop new skills and participate in events and activities, that will be beneficial to mental wellbeing and help tackle isolation. We will also work to build a sense of community for students within the institution.

Events and Activities

The college will deliver an annual programme of events, activities and opportunities aiming to create a sense of belonging and tackling isolation.

City Spaces Review and Development

City students and staff will undertake a review of the college's physical and virtual learning environment to improve on campus experiences.

Volunteering

The Directorate will support students to source volunteering opportunities that will develop new and existing skills, develop lasting friendships and build a sense of community.



CITY OF GLASGOW COLLEGE

PARTNERSHIPS

Thank you to the named departments for agreeing to work in partnership on this document

City Students

Student Experience Directorate

Human Resources

City Students' Association

Executive Leadership Team

Library

Equality, Diversity and Inclusion

Thank you to all the students and staff who contributed to the development of this Student Mental Health Agreement.

Follow our progress:

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 @city_sa

 City of Glasgow College Students' Association

 www.citysa.co.uk

City of Glasgow College
Students' Association

City Campus - Level 2
190 Cathedral Street
G4 0RF

City of Glasgow College
Students' Association

Riverside Campus - Ground Floor
21 Thistle Street
G5 9XB

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CITY^{*}sa)
students' association