



University of Strathclyde & Strathclyde Students' Union

# Student Mental Health Agreement

2021/22 Academic Year



# Introduction: Overview

- A result of the collaborative work carried out by both the University of Strathclyde and the Strathclyde Student Union.
- Led by student voices and empowered by the experience and knowledge of professional University staff.
- Captures both our successes so far while setting out what we agree to do in future to further support student mental health and wellbeing at Strathclyde.
- By working across the campus community we aim to embed positive actions to improve mental health in every section of our community.



# Introduction: Process

- Built upon work carried out in the previous year to bring us back in to the new 2 Year SMHA project cycle.
- Developed by the Strathclyde Student Mental Health Working Group.
  - Group convened by the Strath Union VP Welfare (2020/21) and comprising representation from the Strath Union Advice Hub, Strathclyde University Disability & Wellbeing Service, Strathclyde University Library Services, and Strathclyde Sport.
- Strath Union ran a series of Student Forums (focus groups) to capture student opinion and feedback, this provided the direction for the development of the SMHA and built upon a survey run in the previous academic year.
- To be signed by the Principal of the University and the Strath Union President.





# The need for reflection...



# Working Areas

## 1. Communication & Engagement

*to improve awareness of mental health and wellbeing support and other services available to students, and, to create a safe and open environment to enable students to make positive social connections within the Strathclyde community.*

## 2. Training & Education

*to ensure that staff and students are mental health aware and equipped to support the mental health and wellbeing of the Strathclyde community.*

## 3. Social Inclusion

*to offer targeted support to students who may face additional barriers and endeavour to remove these barriers.*

## 4. Healthy Lifestyle

*to promote healthy behaviours, including sport and physical activity, known to benefit mental health and wellbeing, taking a proactive approach to student mental health.*



# 1. Communication & Engagement

Some Highlights from 2020/21:

- At the height of occupancy within the Halls of Residence every hall was assigned a designated counsellor by the Disability & Wellbeing Service.
- Strath Union hired a new “Mental Health and Wellbeing Coordinator” who will lead the development and delivery of a positive and proactive mental health and wellbeing strategy for students with a focus on building a resilient student community.

Some Priorities for 2021/22:

- Strathclyde Students’ Union will launch a Student Mental Health & Wellbeing Survey to gain further data from the student body on their attitudes towards mental health and wellbeing as well as their own lived experiences, and needs.
- We will launch a publicity campaign for the newly merged Glasgow-wide Nightline Service in cooperation with other stakeholders.



# 2. Training & Education

Some Highlights from 2020/21:

- An online wellbeing module “How to Create Wellbeing and Happiness” has been developed and is available to all students on MyPlace.
- Stonewall LGBT+ inclusion training was offered to Sports Union volunteers and Strathclyde Sport staff. This is to be continued into 2021/22 but extended offering across the institution.

Some Priorities for 2021/22:

- We will create and promote a training calendar from Fresher’s weeks onwards. The calendar will be re-evaluated every June. This should be promoted to all students, including those that do not volunteer with Strath Union.
- We will continue to deliver a rolling programme of suicide awareness training to staff and students including SafeTALK, ASIST (Applied Suicide Intervention Skills Training) and START. This will include organising and promoting bespoke Mental Health First Aid for groups including clubs and society committees, sabbatical officers, and staff.



# 3. Social Inclusion

Some Highlights from 2020/21:

- We continued to promote and grow “Strathactive”, our non-competitive, social sports programme. 2020/21 saw our first year of the Sports Union Development Co-ordinator role to support this.
- The Disability & Wellbeing Service group wellbeing and therapy programme has continued to be expanded with new groups available to students online. This includes the recent development of programmes on “Perfectionism and Self Compassion” and “Managing Stress and Anxiety Ideas and Strategies”.

Some Priorities for 2021/22:

- Strath Union will aim to deliver a Freshers programme in Semester 1 of 2021/22 that will be fully inclusive to all segments of the student body and considerate of the needs of second year students, many of whom will be attending campus for the first time, to boost their peer support networks.
- - We will run a campaign and create well-informed, appropriate spaces for men to talk about their mental health.





# 4. Healthy Lifestyle

Some Highlights from 2020/21:

- Wellbeing Wednesday content was extended to Strathclyde Sport in which Healthy Lifestyle tips were given.
- Strathclyde Sports Union established new staffing structure to ensure more focus is given to recreational sport and physical activity promotion for students and staff.

Some Priorities for 2021/22:

- We will run wellbeing initiatives including “Exam Bootcamp” and “Coffee and Croissant” events during exam periods.
- We will implement the University’s Wellbeing Wednesday commitment by academic year 2021/22.





# Successes and Challenges

