



Glasgow Kelvin College and the Glasgow Kelvin College Students' Association (GKCSA) agree to work collaboratively to help and support all students to develop resilience and positive mental health.

Good mental health is important to all of us, however we can all experience times where we feel less able to deal with challenging or stressful situations. Positive mental health and good wellbeing makes it more likely that students will enjoy their experience at Glasgow Kelvin College and achieve learning and development goals. The College and the Students' Association will come together to tackle the stigma of mental health and develop a culture of positive mental health and wellbeing. We believe that by working together in this way we can have a more focussed and effective approach to developing and supporting positive mental health and wellbeing.

We will work together to:

- Run college wide campaigns that promotes positive mental health
- Increase awareness of the benefits of positive mental health, good wellbeing and the contribution it can make to student success
- Support the delivery of mental health awareness training to the Student Association Executive team
- Promote positive mental health and wellbeing throughout the year, at social events and conferences
- Develop networks with other agencies and community organisations which support mental health improvement and wellbeing such as, GAMH, SAMH, and See Me
- Support and promote the further development of mental health support mechanisms available for students such as help available from Advice and Guidance, Learner Support, Counselling and the Wellbeing Officer.

Glasgow Kelvin College

Student Mental Health Agreement 2022/23

Introduction

The College recognises that our students' mental health and wellbeing is linked to success. We have joined up with the College and NUS's Think Positive campaign, to show all students how important it is to take care, build resilience and how to have positive mental wellbeing.

Purpose

The purpose of the agreement is to work in partnership with Glasgow Kelvin College staff and the Students' Association in relation to student support. This will help to ensure that full account is taken of the needs of students experiencing mental health issues.

This agreement sets out the areas that the College and the Students' Association will work closely on during the academic year. This agreement also states that the College and the Students' Association shall aim to meet the goals in the agreement and run focus groups on mental health to help our students have their voices heard.

The Students' Association will work in collaboration with the College to help coordinate events and participate in working groups.

Commitments

The College have a statutory duty of care, to provide a safe and supportive environment for all. However, it is also important to recognise where the limits and professional boundaries of Glasgow Kelvin College might lie.

The Students' Association acknowledge the commitment of the College to provide appropriate mental health support in a non-judgemental and discreet setting, within the limits of available resources.

As an education provider, the College has a duty to make reasonable adjustments if students have made staff aware of mental health issues. The adjustments are agreed between the student and the College. Any adjustment made is based on the need of the individual following a needs assessment and although not exhaustive, may include:

- Adjustment to the physical environment, including changes to the study area, introduction of a quiet area/reflection room
- Change to communication methods
- Change to assessment methods
- Extension to assignments
- Change to examination conditions, as agreed with the examining body
- Offering temporary time out / suspension of studies

Working Areas

The Students' Association have looked at the possible areas of work where we feel we can make a positive impact for our students.

The Students' Association have identified key areas and they are:

- **Promotion of College Support Services**
To assist in promoting the services that are available to students every day such as counselling and linking in with the Wellbeing Officer and signposting to other appropriate support services i.e. mindfulness classes and mental health sessions. We will do this by using social media posts, poster campaigns, all student emails, MyKelvin app, class representative meetings and Students' Association executive meetings. We will promote activities that students can access, to help with their physical health i.e. the college gyms, fitness classes and Student Association clubs.
- **Tackling Stigma**
Glasgow Kelvin College and the Students' Association will continue to work on ending the stigma that surrounds mental health issues. We will do this by continuing to raise awareness and by providing sessions that educate students of the facts surrounding mental health and the reality of living with it.
- **Student Involvement**
Mental health and wellbeing is of paramount importance to all students. Glasgow Kelvin College and the Students' Association will engage students to think about positive mental health. We will facilitate focus groups to seek students views on support offered around mental health and wellbeing. The Student Association will encourage and support students to take ownership of clubs and societies and introduce more lunchtime/after college activities.
- **Health & Wellbeing**
We acknowledge the impact on students mental health due to the previous two years. To combat this we aim to support the running and development of clubs and societies by running regular meetings to create a safe social place where students can help connect to their classmates and the wider college community. We will also strive to create wellbeing packs for students and organise events throughout the year. The student association will link with external organisation such Fast Forward, CAB, Crew and Spike awareness to causes that lead to mental issues.
- **Improving links with External Mental Health Agencies**
We will endeavour to build strong links with external mental health support organisations. Promotions, campaigns, and links to these organisations will be available within the student intranet, MyKelvin app, Microsoft Teams, social media and student SWAY newsletters. Organisations such as SAMH and NHS will be invited to attend various events throughout the year including freshers in order to strengthen partnerships. The Student Association will look to provide training to tackle mental health issue through external organisations.

Benefits

The anticipated benefits of having a Students' Mental Health Agreement include:

- Identification of joint priorities, goals and agreed actions
- Improved mental health for students and the identification of issues affecting students
- Stronger links between the College and the Students' Association to address challenging issues
- Review of policies and strategies with a view to identifying areas for development
- Dissemination of information and advice to students
- Improved partnership working with external organisations which will help students gain access to more resources