

NORTH EAST
SCOTLAND
COLLEGE



STUDENT MENTAL HEALTH AGREEMENT 2025-2027



NESCol
Students'
Association

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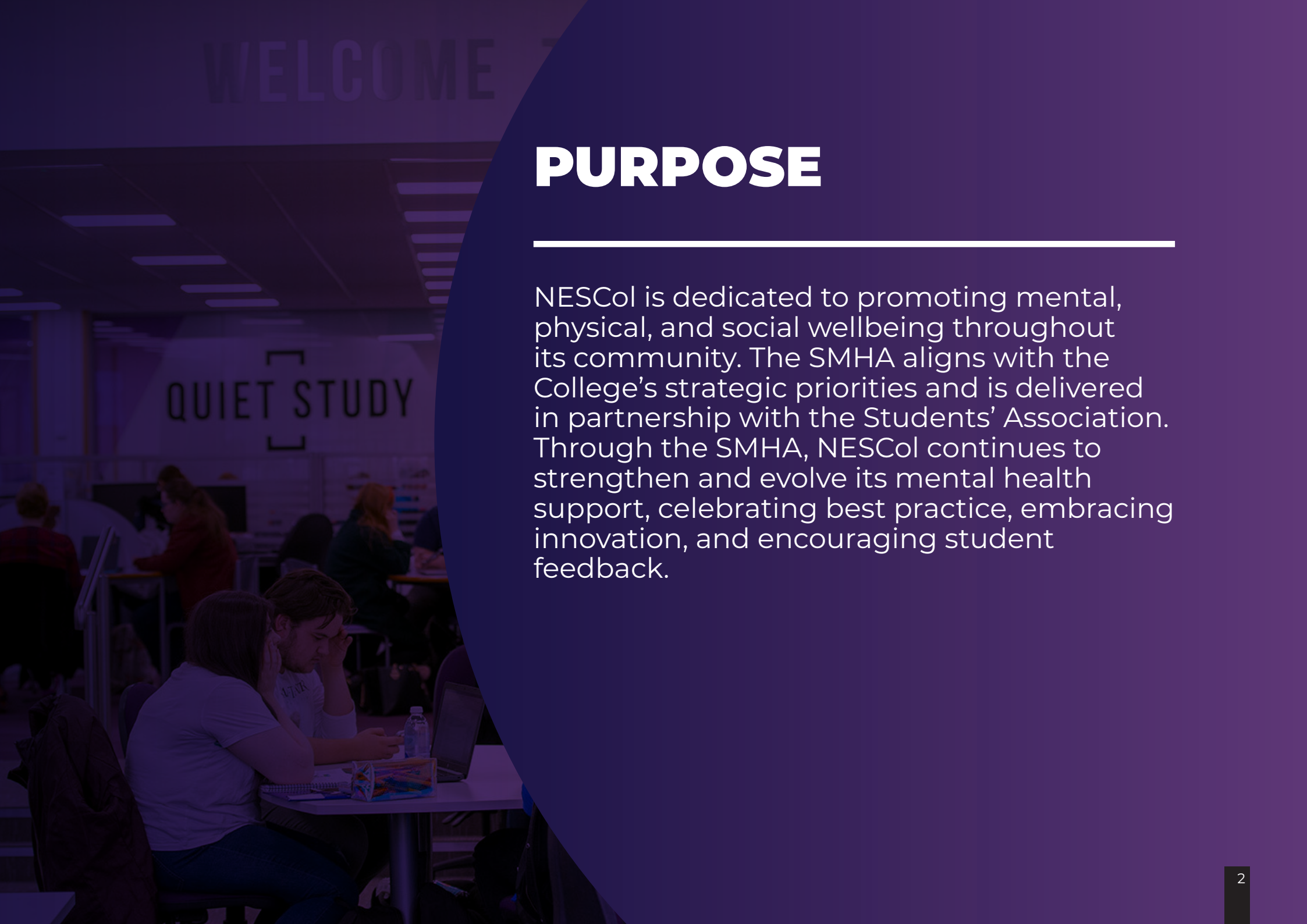
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WHAT IS THE STUDENT MENTAL HEALTH AGREEMENT?

The Student Mental Health Agreement (SMHA) is part of the “Think Positive” initiative, led by NUS Scotland . The SMHA initiative is a student-centred, transparent, measurable framework for mental health support which is regularly reviewed, and built through partnership working between students and NESCoI.

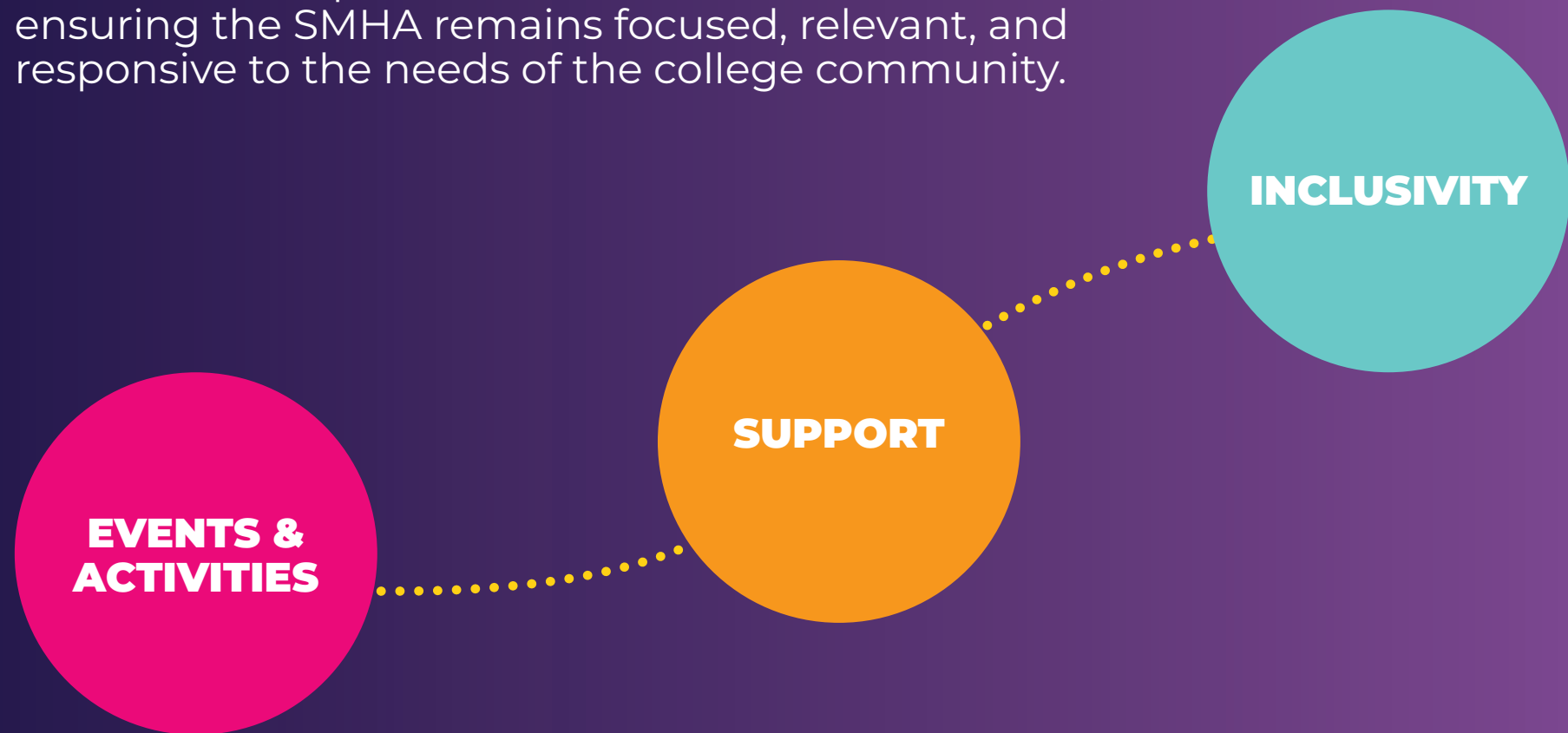


PURPOSE

NESCol is dedicated to promoting mental, physical, and social wellbeing throughout its community. The SMHA aligns with the College's strategic priorities and is delivered in partnership with the Students' Association. Through the SMHA, NESCol continues to strengthen and evolve its mental health support, celebrating best practice, embracing innovation, and encouraging student feedback.

THEMES

Three key themes were developed through a collaborative approach and student-centred feedback. Each theme reflects shared priorities between students and staff, ensuring the SMHA remains focused, relevant, and responsive to the needs of the college community.



EVENTS & ACTIVITIES

“Students have the chance to feel included and connected by having opportunities to attend a variety of events and activities throughout the year. This enables students to build friendships, explore new interests, and develop a strong sense of belonging within the college community.”

This could look like:

- Collecting and reviewing student feedback to shape events, ensuring they're guided by what students actually want and enjoy
- Continue and develop regular support and social opportunities
- Offering events and activities that celebrate diversity, promote inclusion and support wellbeing

SUPPORT

“Students will be aware and have access to a wide range of support services which can support them to overcome barriers to achieve their full potential..”

This could look like:

- Peer led support options that reflect student needs and promote choice
- Offering opportunities, training and resources for staff and students to better understand diverse student needs and learn how to support themselves and others effectively
- Continue to develop initiatives in response to the cost of living crisis
- Supporting Academic Tutors to encourage students to consider their progress and take control of their learning, while signposting to helpful advice and support services
- Collaborating with external partners to enhance access to specialist wellbeing support

INCLUSIVITY

“Foster an inclusive campus environment by providing safe spaces, promoting student voice and celebrating cultural diversity.”

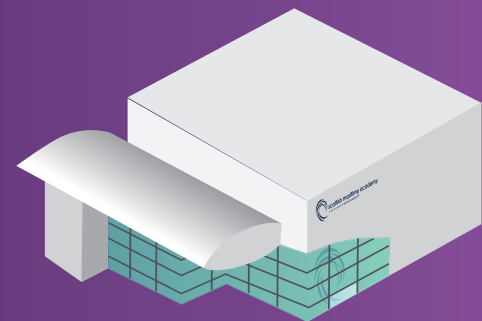
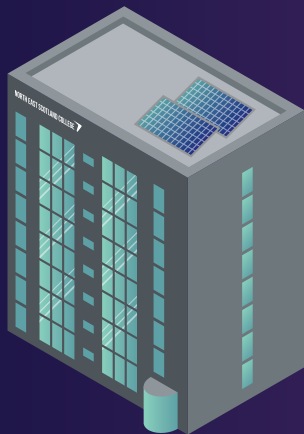
This could look like:

- Exploring opportunities for additional wellbeing hubs such as prayer and contemplation rooms
- Offering additional opportunities for students to share feedback through the year about the student learning experience
- Enhancing student involvement in extra curricular activities
- Promoting a culture of respect across all campuses

WHAT HAPPENS NEXT?

The SMHA is constantly evolving. It will be regularly reviewed with the Equalities and Wellbeing Committee group where staff and students work together to deliver actions, track progress, and share updates. This ensures the SMHA remains responsive, student-led, and embedded across college life.

To see the progress we've made check out our dedicated area on MyNESCol which can be found [here](#).





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