

SMHA Project FAQs



Q: Who is responsible for deciding on the working areas of the Student Mental Health Agreement?

It is up to the SMHA project leads from the institution and students' association to decide which work is included within the SMHA.

They work together in equal partnership to decide on the working areas. These decisions should be largely influenced by the student engagement exercise, mapping exercise and highlighted priorities.

More information on the student engagement exercise and mapping exercise can be found on the [steps document](#).

Q: When does each step need to take place?

Institutions across Scotland who take part in the SMHA project have a variety of resources, funding, time and staff available, therefore the timeline for the work really varies depending on each institution.

The steps year 1 & 2 resource is purposely not timebound, other than the Self Evaluation in May. We strongly recommend following your first planning meeting to set a draft timeline of the steps for your institution. The Think Positive team can also help with this.

Q: What should be included in our Student Mental Health Agreement?

The Student Mental Health Agreement should include all of the work that the institution and students' association is taking forward over the next two years, that benefits students mental health and wellbeing.

The mapping exercise mentioned in the [steps document](#) will help to identify the work.

Q: How long does a Student Mental Health Agreement last for?

Once launched, a SMHA is in place for two years. At the end of each academic year, time should be allocated for reflecting on the Self Evaluation submission. When launched, each SMHA includes the academic years that it covers.



Q: Can we use data / feedback that we already have from students to shape the SMHA and its working areas?

Yes! If you already have student feedback or data which helps to back up why these particular working areas are important to you/ your students then use this.

Consider how long ago this was captured and what could have changed during this time. We have free resources to help with student engagement.

Q: What does it the cost to take part in the projects/access the support?

The project is funded by the Scottish Government, so there is no cost to Scottish institutions or students' associations.

Q: Does the Students' Association need to be affiliated with NUS to take part in the project?

No, whilst the project is hosted by NUS Scotland/NUS Charity, we are separately funded by the Scottish Government. If you decide to work with Think Positive, there will be no pressure to affiliate to NUS.

Q: What support can we get from Think Positive?

We're here to help throughout the year. Drop us an email and someone from the team will get back to you. Some institutions get in touch with us every few months, others like to stay in touch more regularly. We're here to help as much as is useful to you.

- ⇒ Dedicated 1:1 consultancy support throughout the year at all points of your SMHA journey - via Skype, phone call and email.
- ⇒ Invitation to attend the Think Positive events throughout the year, which showcase best practise across the sector.
- ⇒ Free Think Positive resources to help you to develop your SMHA.
- ⇒ Submit your draft SMHA, we'll review it and share recommendations.
- ⇒ Access to a monthly online network of peers via 'The Forum' to support you in your Student Mental Health Agreement project.
- ⇒ Free promotion of your institutions mental health support offer and launched SMHA via the Think Positive Hub.

