
Student Mental Health Agreement

Ayrshire College and Ayrshire College Student Association



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Our commitment

Ayrshire College and the Ayrshire College Student Association are committed to promoting the positive wellbeing of all students.

Since 2015-2016, there has been a 36% increase in the number of students at Ayrshire College declaring a mental health condition. In response to this significant increase, the College committed itself to implementing a range of actions to support student wellbeing.

The College demonstrates its commitment through its Promoting Wellbeing Action Plan 2018-2021 and also through the structures, processes and mechanisms currently in place including a Mental Health Liaison Officer, an Alcohol and Drugs Liaison Officer and an active Student Association.

This Student Mental Health Agreement is a further demonstration of the College's and the Student Association's commitment. It outlines key actions that will be taken together to ensure all Ayrshire College students are safe, supported and enabled to achieve success during their time with us.

Both the College and the Student Association will work hard to achieve these actions and will report on our successes no later than August 2020.

To support the success of this Student Mental Health Agreement, the College's Promoting Wellbeing Group will be responsible for leading, monitoring and reviewing its progress. The Promoting Wellbeing Group is a cross-section of staff and includes representation from the Student Association as well as local College partners. It reports to the College's Values, Inclusion, Equality and Wellbeing (VIEW) steering group. The VIEW steering group has overall strategic responsibility for leading and monitoring the College's Equality Outcomes and provides leadership to mainstream equality and embed inclusion, wellbeing and the College's Values throughout the College.

Our commitment

The wellbeing of our students is a key priority for Ayrshire College and we have a wide range of support services in place that students can access. This Student Mental Health Agreement reflects our continued commitment to ensure all of our students succeed.



Carol Turnbull

Principal

Ayrshire College is fully committed to promoting positive student and staff mental health and wellbeing. The very wellbeing of the College is underpinned by the wellbeing of our staff and students. This Student Mental Health Agreement demonstrates our commitment to this and I look forward to continuing to work successfully with our Student Association to improve student experiences.



Doreen Wales

Head of Student Experience

The Ayrshire College Student Association has a focus on raising awareness on student mental health and wellbeing because we know how important it is in regards to student experience and success.

We are an active member of the College's Promoting Wellbeing group and contribute to a number of student focused campaigns and events throughout the academic year. We have also been responsible for co-leading and developing new initiatives within the College such as 'The Conversation' and 'Wear it on your sleeve'.

Having a Student Mental Health Agreement brings focus and encourages the continuation of good, collaborative and supportive working between the College and the Student Association. It presents us all with the opportunity to improve student experience and for that, it may prove to be a useful tool for many years to come still.



Jack McCrindle

Student President

01

Hold mental health and wellbeing campaigns, initiatives and events throughout the year to ensure students are aware of the support available to them

To achieve this, we will:

1. Continue to develop the Student Association led **Wear it on your sleeve** initiative
2. Support at least **three** campaigns focussing on mental health and wellbeing in partnership with the College's Promoting Wellbeing Group
3. Raise awareness of support available including the **Wellbeing Hub** during Student Induction and Freshers
4. Ensure that mental health organisations such as **'See Me'** will be in attendance at key student events such as Freshers across all main Campuses

We will know we have been successful when:

There is an **increased** number of students using College support services

There is an **increased** number of students engaging with College campaigns and events



We want all
students to
know that **it's**
ok to not
always feel ok
and that we
can support
them

02

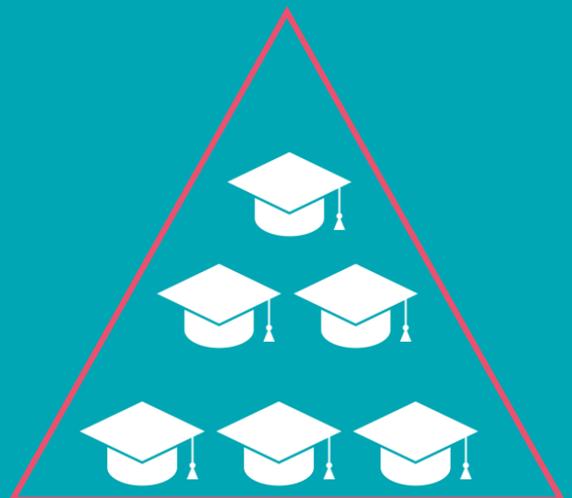
Support students to develop positive strategies in relation to their mental health and wellbeing to improve retention and attainment

To achieve this, we will:

- 1. Continue to develop and deliver a range of student workshops in relation to mental health and wellbeing**
- 2. Continue to provide mental health and wellbeing drop-in sessions for students**
- 3. Continue to promote and update resources available through the Wellbeing Hub**
- 4. Continue to develop the role of the Mental Health Liaison Officer in partnership with the Promoting Wellbeing Group and NHS Ayrshire and Arran**

We will know we have been successful when:

There is evidence of improved retention and attainment rates for students with a declared mental health condition



We know how
important
positive
wellbeing is to
student
success at
college

03

Improve and strengthen staff awareness, knowledge and skills on mental health, wellbeing strategies and support available to promote positive student and staff wellbeing

To achieve this, we will:

1. Develop a **training matrix** to provide staff with access to continuous professional development opportunities in relation to wellbeing
2. Continue to **deliver staff wellbeing events** and ensure **available support is communicated** to all
3. Identify and share examples of **best practice related to wellbeing** across the College
4. Continue to successfully work with **College partners** to deliver staff training

We will know we have been successful when:

Staff report feeling supported and have an **improved awareness, knowledge and skills** on mental health, wellbeing strategies and support available



To promote
positive student
wellbeing, we
need to support
our staff

04

Explore opportunities to develop student social groups and provide college facilities which support positive mental health and wellbeing

To achieve this, we will:

- 1. Establish at least one student social group in each campus**
- 2. Support the development and facilitation of an accessible Contemplation room in each main campus and where unable, explore alternative options**

We will know we have been successful when:

The Student Association has established at least one student social group in each campus and as a result, students report a positive impact on their wellbeing

There is an accessible Contemplation room in each main campus and these are known to benefit the student experience



Opportunities
to connect with
others and safe
spaces to think
or pray are
important to
wellbeing

05

Ensure that robust evaluation processes are in place to monitor and review the impact of the Student Mental Health Agreement

To achieve this, we will:

1. Include at least one question about mental health and wellbeing in the annual College Student Satisfaction and Engagement Survey
2. Facilitate two student focus groups per year on each campus
3. Use the Promoting Wellbeing action plan tracker to monitor and review progress and carry out a mid-point review of the SMHA
4. Use College systems to track and monitor retention and attainment of students who have a declared mental health condition

We will know we have been successful when:

Robust evaluation processes are in place to support the monitoring and review of progress and impact of the Student Mental Health Agreement



Our successes
need to be
monitored and
reviewed so
that we are
confident, we
are making a
difference