

Student Mental Health Agreement 2021-22

This agreement has been developed by the Depute Principal and the Mental Health Representative from the Student Representative Council, following consultation with all students.

It links directly into our mental health strategy and its key aims:

- to create a supportive environment where good mental health is recognised as essential for our students to flourish and be successful
- to work collaboratively with our local and national partners, including the Student Representative Council, the NUS and other third sector organisations, to develop appropriate arrangements and opportunities to support our students

We propose the following 7 key working areas in 2021-22:

- 1. To appoint a Mental Health representative to the Student Representative Council (SRC). This representative will attend Equality, Diversity and Inclusion (EDI) meetings and represent students (in addition to the EDI representative).**

Actions to be taken:

A representative to be appointed and included in all EDI meetings and to receive all relevant documentation.

Success measures:

There will be a higher focus on mental health as the area will be formally represented on a college committee.

- 2. A Well-being hub to be created on SharePoint (college VLE) with information and links to organisations and websites that provide support for people with mental health issues.**

Actions to be taken:

Set up a Well-being hub on SharePoint.

The hub should links to relevant organisations.

The organisations should be contacted for leaflets and cards to be made available around the college and invited in during Induction Week.

Posters and leaflets to be placed in student areas.

Success measures:

More students being able to access relevant information.

- 3. The Mental Health representative to work alongside Support for Learning staff to develop the new Support and Wellbeing Framework. This is to include the development of podcasts as a legacy item for future students and Mindfulness opportunities.**

Actions to be taken:

The students are to be included in the drafting of the new framework.

Equipment to support the capture of media for podcasts to be purchased.

Success measures:

The launch of the new Support and Wellbeing Framework will take place in September 2022 for the new academic year.

The themes of the new framework will be embedded in college activity across the year.

All students will benefit from Mindfulness sessions.

Students in the future will benefit from the advice in podcasts.

- 4. Revise the college application form and prospectus to include a focus on wellbeing.**

Actions to be taken:

Ensure that the application form is amended to include the following statement:

'We want to support students who have mental health issues so please tick this box to let us know if you would like to be contacted confidentially by a member of staff for support.'

We touch on mental health issues in psychology and sociology, if you would find this uncomfortable, please tick this box so we can make adjustments.'

Include information in the college prospectus and general marketing about the support the college can offer prospective students with mental health conditions,

such as small classes, awareness of mental health conditions, supportive ethos and the Well-Being Hub (Guidance and Support for Learning tutors).

Success measures:

Allow for pre-course support to be put in place and suitable measures introduced if required.

5. Make students aware of staff members who are able to provide support.

Actions to be taken:

Support for Learning staff will be involved in recruitment, induction and throughout the academic year.

At the start of each course, Support for Learning will be a priority before learning commences.

Success measures:

Students will be aware of the access points for Support for Learning.

Students will successfully complete their course.

6. Ensure that the post of Mental Health representative is discussed at Induction to ensure the appointment of representative in September and that the representative is introduced to all class groups.

Actions to be taken:

Induction includes an introduction to the role.

Success measures:

Mental Health representative, in conjunction with the Support for Learning team, will begin their programme of support within college in September.

7. Add more social events to the college calendar

Actions to be taken:

To identify opportunities for everyone to come together that fit with COVID restrictions.

Success measures:

Building morale and a sense of belonging and improved student retention.

Name Murray May Lead

Signed by [Signature]

Student Association

Date: 4/4/22



Name Robby Hany

Signed by [Signature]

Newbattle Abbey College

Date: 4/4/22