

Student Mental Health Agreement

Glasgow Caledonian University and GCU
Students' Association

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University for the Common Good



@GCUWellbeing
@GCUStudents

2017 - 2018

GCU and GCU Students' Association enrol in 2017 and submit their first SMHA

2018 - 2019

We continue to complete the SMHA process,
We trial themes and look at how to evaluate previous year's work

2019 - 2020

We move to three overall themes which steer our work for the project; looking at attitudes towards mental health, the academic experience and raising awareness of support

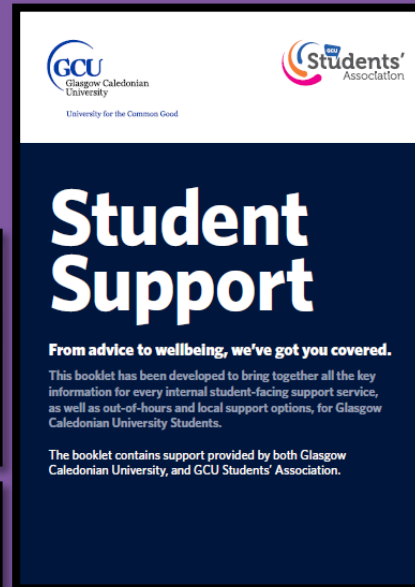
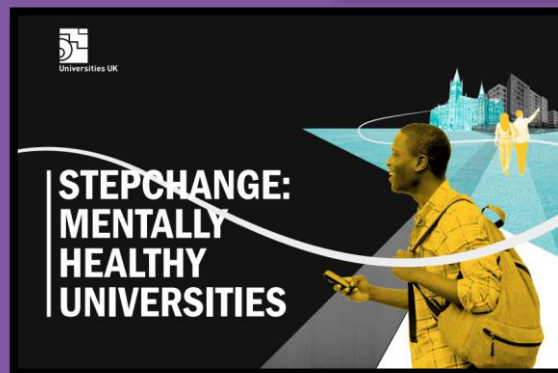
2020 - 2022

We engage with the first two year cycle
Pandemic influence and how this changed our working areas
Subcategories expanded in each theme

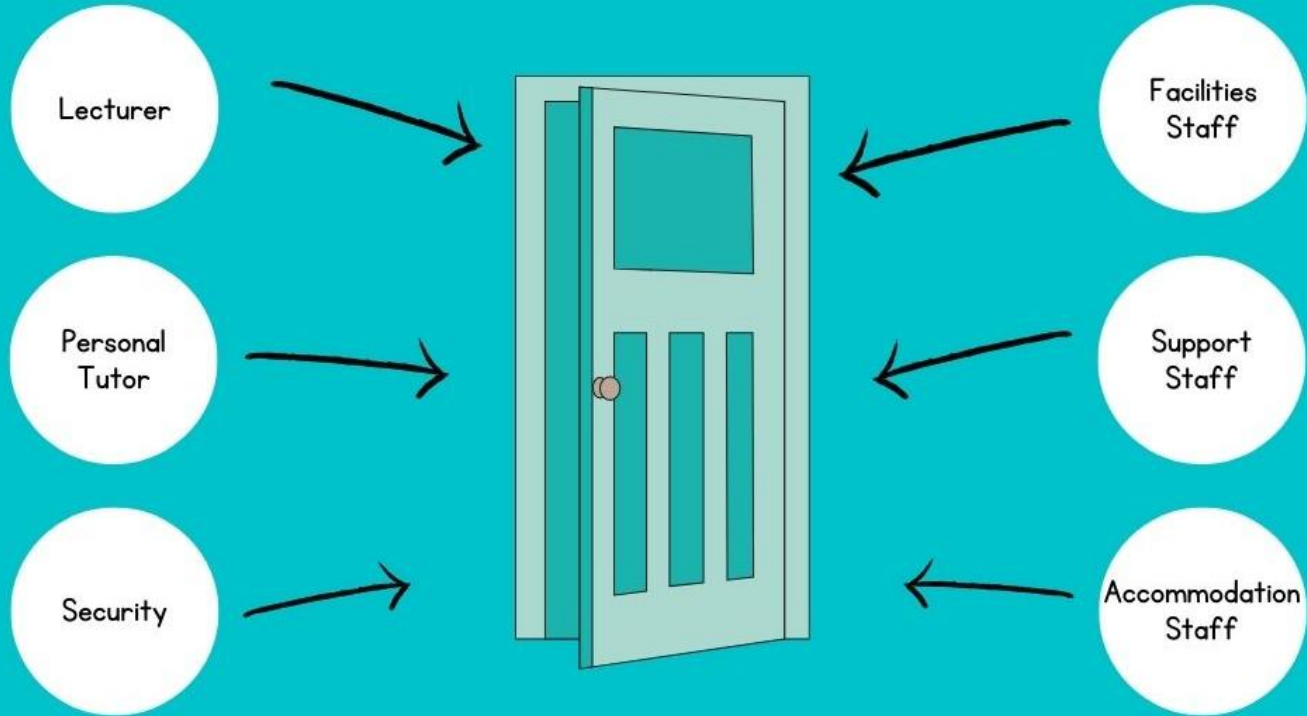


Whole University Approach

- Structural Support through services
- Academic experience
- Student life experiences
- Intersectionality
- Research
- Strategy and Policy
- Representation



No Wrong Door



**What does our most
recent Student Mental
Health Agreement
look like?**

Re-Think Mental Health: *Campaigns & Strategic Approach*

Keep in Touch and Here to Help Campaigns

Student Minds UMHC and Suicide Safer
Universities Framework

Be Well to Do Well: *Events, Workshops and Supporting Specific Student Groups*

Mental Health Day Events

Mind your Mate & Suicide Alertness Sessions

QAA Scotland Project for Inclusive Learning Environments

Need Help? Here's how to get it: *Promotion of Student Services, Staff Support and Peer Support*

Wellbeing Newsletter

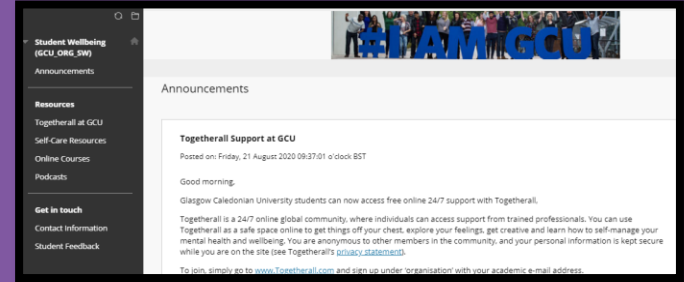
Priority Response Team

Look After Your Mate Workshops

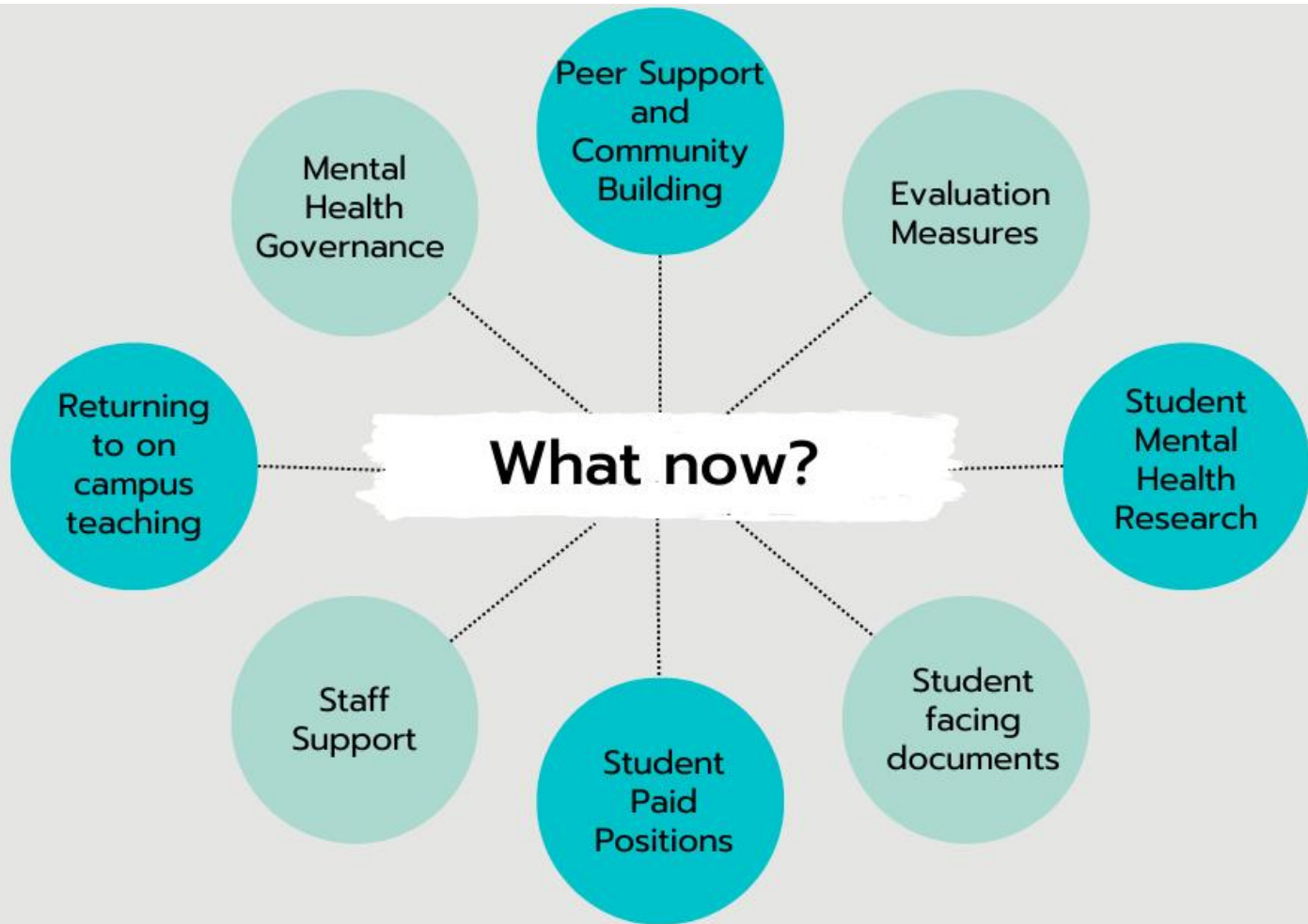
**How are we working to
enhance awareness of
the Student Mental
Health Agreement?**

Enhancing our communications

- Student Communications
- Social Media
- Wellbeing Newsletter
- Online GCU Wellbeing Community
- Dedicated Staff Intranet Sections
- Certificates on Campus
- Whole Community Approach



Webpage: <https://www.gcu.ac.uk/student/support/wellbeing/>
Newsletter launch: <http://bit.ly/GCUWellbeingNewsletter>



Thank you

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