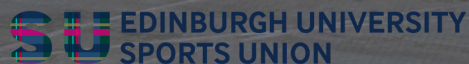


The Student Mental Health Agreement (SMHA) 2023 - 2025



THE UNIVERSITY
of EDINBURGH

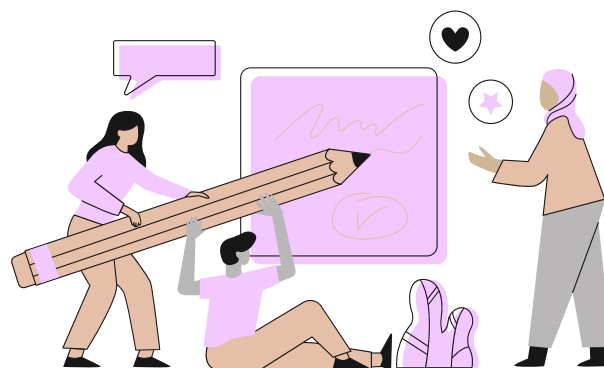


EDINBURGH UNIVERSITY
SPORTS UNION

Edinburgh
University
Students'
Association



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About us

We are proud to jointly present our Student Mental Health Agreement (SMHA) to students for 2023-2025. This agreement is part of the NUS Think Positive Student Mental Health Project, which sets a clear framework to help promote and develop our mental health support offer for students. Promoting positive wellbeing and raising awareness of issues that affect our student population is key in helping us to foster healthy attitudes towards mental health.

'Mental Health Promotion' is one of the four priority areas of the University's Student Mental Health Strategy, alongside: Leadership; Mental Health Support; and Impact.

The agreement has been created with and for students; and we look forward to focusing on our key aims for the next two years with you. Please follow us on Instagram (@ue_wellbeing) and provide feedback, and we hope to see you at a workshop soon!

The University of Edinburgh Student Experience Services, The Students' Association, and Sports Union.

This Student Mental Health Agreement is aligned with our Student Mental Health Strategy and Strategy 2030.

Based on Strategy 2030, this agreement follows three overarching principles: fostering a welcoming community, achieving excellence while being considerate and respectful, and acting with ambition and integrity. For more information on what Strategy 2030 is, please visit: <https://www.ed.ac.uk/about/strategy-2030/our-vision-purpose-and-values>.

Andy Shanks, Director of Student Wellbeing: "It is very exciting to be developing our first Student Mental Health Agreement. Providing support for students and enabling them to maintain positive mental health and wellbeing is an institutional priority for the University. Working in partnership is the best way both to support people and to improve services, and working in such close collaboration with the Students' Association and the Sports Union is a crucial part of this. Our Student Mental Health Agreement brings together an impressive and comprehensive set of information on the mental health and wellbeing support that is available for students, and within the document we cover areas such as resources, support services, building community and a sense of belonging, awareness raising, training and skills development.

All of this work aligns with our University Student Mental Health Strategy, as well as with the work we are doing both on curriculum transformation and to improve the student experience. We will continue to work in partnership with the Students' Association and the Sports Union as we monitor and evaluate the impact of the services and initiatives we are delivering, and as we continue to improve the ways in which we support student mental health and wellbeing".

Lauren Byrne, Students' Association VP Welfare: "I am delighted that we're able to share our first Student Mental Health Agreement! Co-creation between staff and students, and the University, the Students' Association and the Sports Union is essential for creating work that is meaningful to our student body. It's great to emphasise the extent of our offering in this Agreement, and to commit to our priorities for ensuring we're always improving going forward. Student mental health has been impacted by a number of factors in recent years, and it's not always easy to identify what's the most appropriate help for you. We hope this document can go some way towards helping students feel equipped with the range of support available to them."

All of these services will be annually reviewed and this Student Mental Health Agreement will be monitored and evaluated through the SMHA working group and by submitting a Self-Evaluation to Think Positive each year.



Why is Mental Health Important?



According to the Stepchange: Mentally Healthy Universities Report and The University Mental Health Charter, **mental health** is a spectrum of experiences that range from good mental health to mental distress/illness (Universities UK, 2023). **Wellbeing** refers to the wider physical, social, and economic experiences we have, including for example how we learn and realise our abilities, how we respond to stressors and challenges, and how we contribute to society (Universities UK, 2023).



Physical and mental health go hand in hand. It is important that we nurture them both! This SMHA guide provides you with an overview of the services and support available to you through the University. 1 in 4 people are impacted by mental ill health, and we know that students face specific stressors that contribute to this. This may become apparent during assessment hand-in, exam time, or feeling a lack of a support network. Therefore, staying active, socialising and connecting with supporters and friends, constantly learning, and being mindful are key strategies to improve your mental and physical health, and subsequently your wellbeing.



You can find the 5 ways to improve your mental wellbeing here: <https://www.ed.ac.uk/students/health-wellbeing/wellbeing-services/self-help>.

Social Context

The past few years have been incredibly challenging for many students. The **COVID-19 pandemic** impacted and still influences our day-to-day life. Self-isolation, lock-downs, online teaching, etc. were all factors that severely influenced students' wellbeing and mental health. We acknowledge the great amount of pressure students have been feeling, and we aim to support everyone in coping with these difficult times. We also understand that due to the pandemic conditions, many students were mostly staying at home and were not able to socialise face to face with friends or through societies. We are committed that this year we can respond to our students' needs and reduce the built up pressure from the pandemic. The SMHA guide outlines the policies we have developed to support students with their mental health and wellbeing.

Industrial action has been taking place at universities around the country including Edinburgh. This action has been taken by members of the University and College Union (UCU) because of a dispute over pay, pensions and workload.

We recognise our colleagues' right to take industrial action, but we regret that this action will have an effect on many of you. We will work to minimise disruption to the delivery of learning and teaching, assessment, progression and your student experience, whilst ensuring that we maintain academic standards.

Please be aware that not all staff will be taking part and you will still be able to access all student services, including those for your mental health and wellbeing. If you have questions about the industrial action, please contact your Student Adviser, PhD supervisor or our enquiry hub via infopoint@ed.ac.uk.

The University has recognised the amount of pressure and hardship the **cost of living crisis** has put on students. Besides the already outlined support, the University has increased the financial support available to all matriculated students and has made the application process easier. For more information, please visit:
<https://www.ed.ac.uk/students/finance/cost-of-living>.

The University also acknowledges the adverse impact of major global conflicts on students' mental health. Hostile global events undoubtedly cause **enormous distress to our community of students**. The University offers **mental health support** to all students through the University Counselling Service, the Chaplaincy and Listening Service, and the Student Wellbeing Service.





SMHA Timeline and Goals

01

What we have done and is currently available

- Implemented a new sector-leading model of Student Support for UGT & PGT students
- Mindfulness and psychoeducational workshops;
- Student Counselling Service run Skills for Life and Learning workshops;
- The Listening Service running 24/7;
- Committed to online self-help and resources from Togetherall, SilverCloud (CBT), and Feeling Good App;
- Active Bystander and online modules for Student Leaders;
- Consent training workshop available to all students;
- #NoExcuse campaign for ending sexual harassment and violence on campus
- Peer Support - PALS, Peer Mentoring, and Global Buddies;
- Staff mental health training for students in distress and with ongoing mental health situations;
- Introduced the Equally Safe Team to support students who have been affected by gender-based violence;
- Expanded the Residence Life team who support students who live in university accommodation
- Liberation Campaigns creating a space where self-defining students can come together

02

What we are doing currently and for the future

- Continue to develop the Report and Support platform which now includes reporting on racism, bullying and hate;
- #NoExcuse (in development with students this year);
- Continue to encourage students to seek support when they need it through the Chaplaincy, Student Counselling Service, and Student Wellbeing Service;
- Encourage students to tell the Disability and Learning Support Service if they are struggling with university life due to any disability, so that they receive the right support **at any time in their university journey**;
- Development of a group on drugs and alcohol - to foster a harm reduction approach in the University (working with students this year);
- Improve the international student experience in collaboration with them;
- Sense of belonging in the classroom, University and city (in development with students this year);
- Wellbeing events run by Student Wellbeing Service twice every month on campus;
- Continue to provide opportunities, programmes and services for our community to get active

SMHA Timeline and Goals

03

What we want to do in the next two years



- Developing further support for Widening Participation students;
- Sense of Belonging group development;
- Develop Suicide Awareness Training for students and staff;
- Wellbeing in the curriculum work as part of curriculum transformation;
- Developing further the Transitions programme on induction of students in the University;
- Continue developing the **Let'sTalk** Campaign through events and new resources (<https://www.ed.ac.uk/students/health-wellbeing/lets-talk>);
- Consider the role being active has to play in supporting student wellbeing when devising strategies

I think we should...

We Want Your Feedback!

If you are interested in taking part in student focus groups, surveys, or want to send feedback, please email StudentMentalHealthAgreement@ed.ac.uk



Mental Health Resources

The following mental health resources will help you learn more about mental health, reduce any stigma around mental health, and provide you with strategies to cope with low mood, stress, anxiety, etc. Student feedback shows that these resources improve students' studies and wellbeing.

1



Mindfulness and Psychoeducational Workshops

The University's **Chaplaincy and Student Counselling Service** offer online and in-person workshops on mindfulness for pain or sleep, managing stress, expressive writing, etc.

For more information on the mindfulness workshops, please visit: <https://www.ed.ac.uk/chaplaincy/mindfulness/mindfulness-workshops>. For more information on workshops for skills for life and learning, please visit: <https://www.ed.ac.uk/student-counselling/services/life-learning-skills>.

2



Therapets and Paws on Campus

Therapets help students with stress relief and wellbeing. Therapets sessions last 15-20 minutes, in which you can enjoy the company of trained dogs. If you would like to attend, please keep an eye on the Students' Association's website for an article like this <https://www.Students' Association.ed.ac.uk/news/article/therapets> and book your free time slot.

Paws on Campus is a new canine-assisted intervention for students, who are struggling with high stress, low mood, anxiety, or other wellbeing issues. Please visit: <https://www.ed.ac.uk/health/research/research-community-and-impact/paws-on-campus> for more information.

3



Online Wellbeing Modules

Along with the Student Counselling Services, the University partners with several mental health support platforms - **SilverCloud (CBT)**, **Togetherall**, and **Feeling Good App**. These online self-help platforms can help with reduction of symptoms of anxiety, low mood, depression, and stress. If you would like to find more about the Student Counselling Services and these three online platforms, please visit: <https://www.ed.ac.uk/student-counselling>.

MENTAL Wellbeing Resources

HEALTH

4



Arts and Crafts

The **Arts and Crafts workshops and events** in the University provide students with an opportunity to release stress and escape from responsibilities for a little bit. The **Craft and Sewing Society** in the University give students the opportunity to be creative and create different items - from keychains to clay modelling. Besides meeting at the Chaplaincy Centre every week, they also organise various social events, such as pub quizzes. For more information, please visit: <https://www.ed.ac.uk/chaplaincy/societies-groups/non-religious-and-belief-societies/crafting-and-sewing-society>.

5



Yoga, Dancing, and Other Sports

The University of Edinburgh's Sports Union (EUSU) offers students opportunities to be active in many **sports and activities**. There are 70 different sports clubs and teams students can join. Along with these, the Students' Association offers various societies that can keep students active, such as the Yoga society, Modern Dance Society, and Ballroom Dancing Society. They organise competitions, social events, retreats, etc. Joining a sport's team or a society allows students to make friends and be a part of a community. A list with all EUSU sports' clubs can be found here: <https://www.eusu.ed.ac.uk/clubs/>. A list with all the Students' Association societies can be found here: <https://www.Students' Association.ed.ac.uk/activities/list>.

6



Cultural Events

Cultural events, such as cinema, ballet, museum and art exhibition visits, are great ways for students to take a break. Various **societies** are involved in cultural events, such as the Arts and Heritage Society. They organise plays, film nights, concerts, social events. Students can watch the performances and/or participate in the productions. The University also has a **Prescribe Culture** wellbeing support initiative (visit <https://www.ed.ac.uk/information-services/library-museum-gallery/heritage-collections/in-the-community/prescribe-culture>). Visit the Students' Association's website see all societies: <https://www.Students' Association.ed.ac.uk/activities/list>.

***Important information:** These resources are monitored and evaluated locally through student feedback and through our Pulse survey. We will also engage in student focused groups and monitor data through our services which will inform evaluation of this agreement. Such qualitative and quantitative data can help us better evaluate our students' wellbeing needs.

Wellbeing Resources: Sport in UoE

The importance of sport and active health on wellbeing has been well documented, particularly within the student body. At Sport at Edinburgh, there is something for everyone. The University offers a wide range of opportunities for students to participate in sport and active health programmes, with 70 sports clubs, world class facilities and active health programmes and services across campuses. There are opportunities year-round for students to get involved and meet new people. Success of sport activities is monitored through membership numbers; fixture completion rates and number of fixtures; attendance at sporting events; member feedback survey that occurs once per year.

Available Resources to UoE students



Events – Throughout the year we deliver a whole host of events for staff and students, ranging from tree planting to dance performances, winter runs to yoga and mindfulness retreats (visit <https://www.ed.ac.uk/sport-exercise/news/>).

Gym & Group Exercise – Sport & Exercise offer flexible and affordable membership packages for everybody. All memberships include access to our group exercise programme with over 100 instructor-led sessions a week (visit <https://www.ed.ac.uk/sport-exercise/gym-memberships/>).

Feel Good Walks – The Active Lives team deliver an opportunity to improve general fitness, make new friends and enjoy Edinburgh's fresh air. Feel Good Walks are hosted across Central, Kings and Easter Bush campuses (visit <https://www.ed.ac.uk/sport-exercise/keep-active/health-walks/>).

Just Play Sport Sessions – open to all University students and staff, Just Play is an opportunity to try new sports with no associated costs. Sessions are suitable for all abilities (visit <https://www.ed.ac.uk/sport-exercise/keep-active/just-play-sport/>).

Outdoor Activities – our team of experienced Instructors deliver outdoor activities on the water and on land, for staff and students who need a break from the city and a chance to enjoy the shore of Loch Tay (visit <https://www.ed.ac.uk/sport-exercise/firbush/>).

Sports Clubs – with 70 student led sports clubs welcoming members of all abilities, there are opportunities to continue your sport, learn a new one and meet new friends. Clubs run training, trips, fixtures, one off events and social activity throughout the academic year (visit <https://www.eusu.ed.ac.uk/clubs/>).

Intramural Sport – the Sports Union offers an intramural programme where you can enter a team into friendly leagues with groups of coursemates or friends. IM is a great low commitment sporting offer, with eight sports included in the programme (visit <https://www.eusu.ed.ac.uk/intramural/>).

Recreational Sport – opportunities to experience a range of sports on a commitment free basis, throughout the academic year (visit <https://www.eusu.ed.ac.uk/recsport/>).

Workshops & Learn to Activities – we provide short courses to learn new skills and grow confidence in a range of different activities across a variety of locations (visit <https://www.ed.ac.uk/sport-exercise/additional-services> and <https://www.ed.ac.uk/sport-exercise/keep-active> for more information).

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Tackling Discrimination & Promoting Equality

Through student work and student feedback, we have found that support for international students is a priority for our students. Within the next two years, we will work with our international student community on how their experience is improved by evaluating Pulse Survey results and engaging with student focused groups.

Promotion of Equality



The University has a strong policy on Equality, Diversity, and Inclusion (EDI). The **Race Equality and Anti-Racist (REAR)** is a University Executive Standing Committee, and it aims at promoting Equality, Diversity, and Inclusion to support students and staff. This committee promotes inclusion, dignity, and respect in our university community. For more information on EDI services for students, please visit <https://www.ed.ac.uk/equality-diversity/students>. The Students' Association also offers **Liberation Campaigns** (Women's, Disabled Students, LGBTQ+, Trans and Non-Binary, and Black and Minority Ethnic Officers) which exist to create a space where self-defining students can come together, discuss the issues affecting them. For more information, please visit: <https://www.eusa.ed.ac.uk/yourvoice/yourrepresentatives/liberationofficers>.

Response to Gender-Based Violence, Racism and Hate

The **Report and Support** platform has been developed where students can report any distressing events they have been through, or they have witnessed in relation to sexual violence, domestic abuse, stalking, racism, hate, and bullying. Students can either choose to email their report at reportandsupport@ed.ac.uk, or report it on the platform either anonymously or with their contact details. Should the student leave their contact details, **The Equally Safe Team or Intercultural and Anti-Discrimination Adviser** will contact them within 48 hours and discuss what options and support are available to you. For more information, please visit: <https://reportandsupport.ed.ac.uk/>.



Equality of Wellbeing

You Speak,
We Listen

The **Chaplaincy Listening Service** is available to both staff and students of all faiths and none. It offers confidential, non-judgemental listening, and can refer a student to further support and wellbeing resources if needed. Students can use the service to talk about academic life and struggles, relationship difficulties, loneliness and loss, mental health, etc. Students can email listening.service@ed.ac.uk or drop by the Chaplaincy Centre at 1 Bristo Square to make an appointment. For **emergency or urgent matters out of hours, please contact University Security on 0131 650 2257**. Along with The Equally Safe Team, they aim to respond quickly and prevent hate crime based on race, religion, etc. and create a safe environment for our students. For more information, please visit: <https://www.ed.ac.uk/chaplaincy/the-listening-service>.



Gender-Based Violence (GBV)

The University of Edinburgh has a **zero tolerance policy** for any type of harassment and gender-based violence (GBV). A task force was created around sexual violence on campus and the following resources are the outcomes of this work. These resources are monitored and evaluated locally through student feedback and through our Pulse survey.

Tailored to Your Needs Support



The Equally Safe Team (<https://www.ed.ac.uk/students/work-on-gender-based-violence/about-equally-safe>) and **the Advice Place** (<https://www.Students' Association.ed.ac.uk/adviceplace>) supports students who have been harassed or are GBV victims. The Advice Place has also published short guidelines for being safe in Edinburgh - visit <https://www.Students' Association.ed.ac.uk/adviceplace/harassmentsafetyandcrime/citysafet> y to read them.

Taxi Scheme



Emergency Taxi Scheme helps students who cannot pay for their taxi to get them home safe. The Students' Association has partnered with Central Taxis and opened an account with them, which students can use in an emergency. Students have to request a taxi on the Students' Association account, quoting EU99 and providing their name and student matriculation number. The Students' Association will then contact the student to make sure that student got home safely, offer any additional support, and request repayment of the fare. For more information, please visit: <https://www.eusa.ed.ac.uk/about/policy/welfare/taxischeme>.

Report and Support



Report and Support is a platform which can be used by students to report any instances of GBV anonymously or with their contact details. Should the student choose to provide their contact details, a member of the Equally Safe Team will contact them within 48 hours to offer them confidential and non-judgmental advice and support. Reports made through this system are not formal complaints to the University, but the Equally Safe Team can support students should they wish to make a formal complaint to the University or contact the police. For more information on what the platform is and useful articles, please visit: <https://reportandsupport.ed.ac.uk/>.

Information on Further Resources



Courses for a Safe University Environment

The **Consent Matters Course** covers sexual consent, relationships, bystander intervention training, and recognition of abusive behaviours and lack of respect. The **Tackling Harassment Course** addresses all forms of discrimination, hate, and harassment and how members of our University community can recognise and interfere safely in such problematic scenarios.

Information on how to register for these two courses can be found here: <https://www.ed.ac.uk/equality-diversity/students/consent-matters-and-tackling-harassment>.

There's
#NoExcuse
for sexual
harassment.

#NoExcuse

#NoExcuse campaign developed by the Students' Association encourages us all to take collective responsibility for ending sexual harassment and violence on campus. Through that campaign, anyone who has experienced sexual or gender-based violence can find support and help. They can also signpost students seeking support to professional services if necessary. For more information about the campaign, please visit: [https://www.Students' Association.ed.ac.uk/yourvoice/campaigns/noexcuse](https://www.Students'Association.ed.ac.uk/yourvoice/campaigns/noexcuse).

Tackling and Eradicating Violence

Equally Safe Partnership run by Edinburgh Council provides guidance and support for preventing and eradicating violence against women and girls. For more information, please visit: <https://www.edinburgh.gov.uk/children-families/equally-safe-edinburgh-committee>.



Being an Active Bystander training is provided to societies, sports clubs, and residence assistants. Themes, such as sexual violence, harassment and abuse, which may occur within student settings, and ways to challenge such behaviours, are discussed.

Academic and Non-Academic Support

The University of Edinburgh offers various forms of support to students for both academic and non-academic life. There are many schemes run by Schools, by the Students' Association, or more widely by the University. These resources are monitored and evaluated locally through student feedback and through our Pulse survey.

The new student support model is based on extensive work with students and staff within the Higher Education sector. In the new model of student support, peer support is delivered locally on your programme. Ask your **Student Adviser or graduate school** for more information. They can advise and signpost students to peer and other support services.

Peer-Assisted Learning Schemes (PALS) help new students understand better the material and thereby ease their way into university academics. Each undergraduate programme usually has a PALS scheme, in which second year and above students help respectively first- and second-year students (e.g., PsychPALS, EconPALS). Through the PALS schemes, more experienced students share their knowledge, skills, and approach to academic work with new and less experienced students. The weekly sessions involve many activities (e.g., matching exercises), which help reduce the pressure students feel when it comes to academic studying. To find if your course has a PALS scheme, please visit <https://www.eusa.ed.ac.uk/activities/list?type=peer>.

There is also a **PG Peer Support** group helping PG students feel more at ease with being a postgraduate student, get used to life in Edinburgh, and make new friends. For more information, please visit: <https://www.eusa.ed.ac.uk/activities/view/PGPEERSUPPORT>.

Disability and Learning Support Service (DLSS) offers students academic support that is tailored to their needs and the way their disability, learning difference, neurodivergent or health condition affects their studies. The DLSS also offers support to all students with long term mental health and/or autism-related conditions through Mental Health and Autism Spectrum Specialist Mentors. For more information, please visit: <https://www.ed.ac.uk/student-disability-service>.

Peer Mentoring is a scheme in which a trained mentor is assigned to first-year students from Widening Participation backgrounds. Peer mentors are usually older students who help their mentees in various areas, such as settling in university life, academics, socialisation, and hobbies. Each new student taking part in this service can access up to 6 sessions per semester. For more information, please visit: <https://www.ed.ac.uk/studying/undergraduate/access-edinburgh/settling-in-at-university/peer-mentoring>.

Some schools also offer **specialised peer mentoring for PG and PhD students** (e.g., Business PhD 1-2-1 Mentoring). If you are interested in this, please get in contact with your School/Deanery for more information on their peer support schemes.



Academic and Non-Academic Support



Extensions and Special Circumstances are services that support students when they are struggling with their mental or physical health, loss or bereavement, etc. Extensions give students a short amount of extra time to complete an assessment, while special circumstances are relevant when an adverse situation has significantly impacted a student's ability to complete their assessments or exams. For more information, please visit: <https://www.ed.ac.uk/student-administration/extensions-special-circumstances>.

The Advice Place is a team of professionally trained advisors, who offer students support on various matters, such as accommodation, mental health, finances, and academics. Students can get in touch online, by phone, or in person at Potterrow and King's Buildings House. For more information, please visit <https://www.eusa.ed.ac.uk/adviceplace>.

Global Buddies is a scheme run by the University for visiting international students. Global Buddies allows current students to help out visiting international students adjust to life at the University of Edinburgh. The Buddies help new students navigate support and social opportunities. For more information, please visit: <https://www.eusa.ed.ac.uk/activities/global/globalbuddies>.

Student Counselling Service supports all students in the University through short-term counselling, self-help, online resources, workshop series, and if necessary signposting to other services. The self-help resources are provided in many formats, such as recommended readings, videos, and podcasts. The University also partners with several online platforms, namely **FeelingGood app, Togetherall, and SilverCloud**. These platforms can help and support students with their mental health, including the reduction of symptoms like stress, anxiety, and low mood. For more information, please visit: <https://www.ed.ac.uk/student-counselling>.



The Students' Association is constantly working on various **campaigns** aimed at tackling issues that relate to students, such as mental health or harassment. Visit [https://www.Students' Association.ed.ac.uk/yourvoice/campaigns](https://www.Students'Association.ed.ac.uk/yourvoice/campaigns) for more information.

Academic and Non-Academic Support

Let'sTalk Mental Health and Wellbeing is a joint programme to support positive student mental health and wellbeing.

The University of Edinburgh and Edinburgh University Sports Union are partners with the Students' Association on this programme. The programme has been activity-orientated with focuses on self-care and wellbeing management, as well as opening up a conversation about mental health. The Let's Talk team have also been in contact with many University departments, such as ResLife, Health and Wellbeing, Chaplaincy, etc. to share resources (both digital and physical), collaborate on potential future events, and collectively work on the visibility of the campaign.

Let'sTalk Mental Health and Wellbeing also strives to create relevant to students' **mental health themes**. These themes are meant to not only help and support students, but also encourage destigmatising conversations and collaboration across the University community.



Various **mental health resources** are made available to students, such as workshops/lectures on the BIG topics - depression and anxiety, eating disorders, suicidal feelings, neurodiversity, etc.

Digital content, like video discussions between students and staff that focus on destigmatising mental health, is created to support students struggling with their mental health. **Physical resources**, such as bookmarks and wallet cards, are used to communicate to students the available mental health resources.

For example, Let's Talk Exam Stress is one of the main themes used during exam seasons to support students in such stressful and difficult times. Other themes include Let's Talk Family, Let's Talk Self-Care, Let's Talk Health Anxiety, Let's Talk Mindfulness, etc.

The Let'sTalk Mental Health and Wellbeing programme also aims to raise awareness about mental health and support students' wellbeing throughout the academic year. For more information on this campaign, please visit: <https://www.ed.ac.uk/students/health-wellbeing/lets-talk>.



Academic and Non-Academic Support



The University promotes **LGBTQ+ equality** in the University's community. The Student Advisers, Student Support Office, and the Equality, Diversity and Inclusion Committee provide support to students identifying as part of or allies to the LGBTQ+ community and thereby create a positive and inclusive environment for all students. The **PrideSoc - The Edinburgh University LGBTQ+ Society** also organises social, charity, educational, and political events for the LGBTQ+ community. The society allows people of all sexualities, gender identities, races, faiths, and abilities to connect and be supported.



The **Institute for Academic Development (IAD)** offers online resources (Study Hub), study development workshops, and one to one study skills consultations, to help students succeed with their studies. The IAD supports all students to learn and study effectively. Depending on your type of degree, please see the links below for more information:

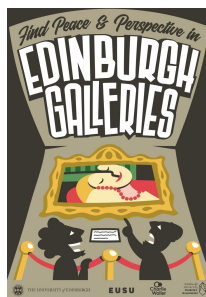
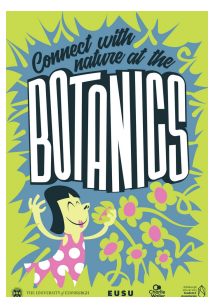
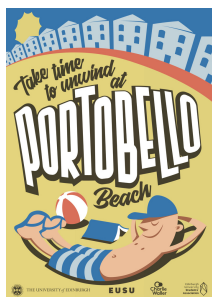
UG: <https://www.ed.ac.uk/institute-academic-development/undergraduate>

PGT: <https://www.ed.ac.uk/institute-academic-development/postgraduate/taught>

PGR: <https://www.ed.ac.uk/institute-academic-development/postgraduate/doctoral>

The **Library** also provides support to students with their studies and research. Students can book a one to one consultation with the **Academic Support Librarian** for their subject, for literature searching, referencing and systematic review advice and support. Please visit <https://www.ed.ac.uk/information-services/library-museum-gallery/academic-support-librarians> for more information.

The University, the Students' Association, and EUSU also created **6 Wellbeing Destination Postcards** aimed at boosting students' mental health by giving them ideas of nice Edinburgh places to take a walk, sit in nature, etc.



We would like to thank the **Thinking Positive Hub** (<https://thinkpositive.scot/explore-the-hub-student-mental-health-support-scotland/>) for their help and support. You can visit the page dedicated to UoE here: <https://thinkpositive.scot/resources/university-of-edinburgh/>.

The Student Mental Health Agreement (SMHA) 2023 - 2025

Thank you for taking the time to read through UoE's SMHA.
We hope it is helpful to you - the student at the University of
Edinburgh!

**By signing this agreement, the University of Edinburgh,
the Edinburgh University Students' Association, and the
Edinburgh University Sports Union jointly declare to
implement the Student Mental Health Agreement 2023 -
2025.**

Andy Shanks

UoE

Lauren Byrne

Students' Association

Peter Sawkins

Sports Union

Signed on 14.03.2024.

Created by: Stiliyana Ilieva (PPLS student) with Rebecca Shade



THE UNIVERSITY
of EDINBURGH



Edinburgh
University
Students'
Association

