



COVER SHEET FOR PAPERS FOR STUDENT PARLIAMENT

STUDENT MENTAL HEALTH AGREEMENT 2020/21	
DATE OF MEETING:	17/09/2020
PURPOSE OF PAPER:	To seek approval of the Student Mental Health Agreement for 2020/21.
INTENDED OUTCOME:	FOR APPROVAL
PAPER SUBMITTED BY:	Benn Rapson (Vice-President Welfare) Eilidh Sneddon (Vice-President Sport)
RESOURCE IMPLICATIONS:	NO
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DATE OF PRODUCTION:	04/09/2020

Student Mental Health Agreement

The University of Strathclyde and the University of Strathclyde Students' Association ("Strath Union") is wholly committed to student mental health and wellbeing. This collaborative Agreement embodies the commitments made by both parties to work in partnership to ensure that the mental health and wellbeing of students is kept at the forefront of all activity and operations.

The aim of this Agreement is to have a positive impact on student mental health and wellbeing through the delivery of training, promotional campaigns and the creation of a socially inclusive campus community that removes barriers and positively embraces diversity. This Agreement reaffirms the continued support to all students at the University of Strathclyde through different partnerships and undertakings to ensure that the University of Strathclyde remains as a place of useful learning.

The Agreement has been collectively developed by a working group comprising representation from Strath Union, Strathclyde Sport, Disability and Wellbeing and Library services. This allows a holistic approach to student wellbeing which ensures there is the appropriate support at every stage of the student journey.

This Agreement has been constructed from student feedback gathered in an online survey developed by the working group and promoted by both Strath Union and the University. The main themes extracted from this survey agreed that there should be greater promotion of university support services, clearer signposting of such services, alongside increased efforts to tackle stigma surrounding mental health issues. The key working areas for this year's Agreement have been informed by this feedback. The Agreement will be reviewed annually and new working areas will be identified based on emerging needs and priorities.

The development of a Student Mental Health Agreement has been identified as a key priority of the University's Student Mental Health Action Plan (SMHAP). This Agreement will support the implementation of the Student Mental Health Action Plan by providing a framework for both organisations to work together to achieve common objectives on student mental health and wellbeing.

This document was initially produced prior to the global pandemic. Actions stated may require changes to their delivery method in light of the ever-changing landscape and the implications of COVID-19 but the University and Strath Union will continue to be committed to work towards these objectives at every possible opportunity.

The University of Strathclyde Student Mental Health Agreement identifies four main working areas with actions and measures for each:

- 1. Communication & Engagement** – *to improve awareness of mental health and wellbeing support and services and support available to students, and, to create a safe and open environment to enable students to make positive social connections within the Strathclyde community.*

2. **Training & Education** – to ensure that staff and students are mental health aware and equipped to support the mental health and wellbeing of the Strathclyde community.
3. **Social Inclusion** – to offer targeted support to students who may face additional barriers and endeavour to remove these barriers.
4. **Healthy Lifestyle** – to promote healthy behaviours known to benefit mental health and wellbeing e.g. sport and physical.

1. Communication & Engagement

to improve awareness of mental health and wellbeing support and services and support available to students, and, to create a safe and open environment to enable students to make positive social connections within the Strathclyde community.

Actions

- We will improve promotion of the Disability & Wellbeing Service and other key student support services, including social media promotion on 'Wellbeing Wednesday'.
- We will plan and run six health promotion campaigns per academic year that will aim to promote awareness and discussion about health and wellbeing issues.
- We will host a publicity campaign for the Nightline Service.
- We will promote SilverCloud, the online e-learning programme to support students with mental health issues.
- We will continue to support and promote the on-campus Rape Crisis specialist provision.
- We will host social events for international students at the start of term to provide opportunities for them to socialise and connect.

Measures

- Increased awareness and engagement with services measured by attendance numbers
- Establish a communication plan and track growth through social media analysis

2. Training & Education

to ensure that staff and students are mental health aware and equipped to support the mental health and wellbeing of the Strathclyde community.

Actions

- We will create and promote a training calendar from Freshers weeks onwards. The calendar will be re-evaluated every June.
- We will continue to deliver a rolling programme of suicide awareness training to staff and students including SafeTALK, ASIST (Applied Suicide Intervention Skills Training) and START. This will include organising and promoting bespoke Mental Health First Aid for groups including clubs and society committees, sabbatical officers and staff.
- We will deliver training on topics relating to eating disorders including resources from BEAT and RED-S

- The Sports Union will identify clubs at the start of each academic year that will be required to attend Challenging Hazing and Negative Group Events in sport (CHANGES) initiations training.
- We will run semesterly Gender based violence/Bystander training including White Ribbon Scotland and Active Bystander for Strath Union clubs and societies, club committees, class reps, ResLife Assistants and Strath Union staff.

Measures

- Attendance and frequency of training sessions
- Training evaluation and feedback

3. Social Inclusion

to offer targeted support to students who may face additional barriers and endeavour to remove these barriers

Actions

- We will develop peer support initiatives for students who are socially excluded. For example, Camerados, REACH OUT and ResLife.
- We will promote and grow “Strathactive”, our non-competitive, social sports programme.
- We will take part in the “Rainbow Laces” campaign to act as active allies and welcome the LGBT+ community in sport.
- We will offer free “come and try” sessions for all sports clubs at the start of term.
- We will offer a programme of wellbeing events over the academic year.
- We will offer weekly quiet sessions in Strathclyde Sport gym.
- In collaboration with Glasgow University will offer twice weekly women and Enby only swimming sessions.
- We will identify targeted support requirements for LGBT+ students and introduce relevant provision.
- We will increase awareness of provision for students with disabilities within Strathclyde Sport.

Measures

- Tracking participation numbers
- British Active Students survey (BUCS)
- Sports Union Survey
- Ownership of students of initiatives related to changing attitudes

4. Healthy Lifestyle

to promote healthy behaviours known to benefit mental health and wellbeing e.g. sport and physical.

Actions

- We will establish two new staff roles to focus on physical activity promotion to students and staff.

- We will run wellbeing initiatives including “Exam Bootcamp” and “Coffee and Croissant” events during exam periods.
- We will implement the University’s Wellbeing Wednesday commitment by academic year 2020/21.
- We will continue to deliver and grow direct referral scheme to Strathclyde Sport for students experiencing mental health issues.
- We will promote the Sports Union as being an open, accessible, social and supportive community for all students.
- We will continue to offer “Kickstart” supported gym induction sessions in Strathclyde Sport.

Measures

- Improved lifestyle with students on referral scheme – survey results
- Numbers attending sessions

This Agreement signifies that the University of Strathclyde and Strath Union will endeavour to achieve, and promote, the aforementioned objectives at every possible opportunity.

This Agreement stipulates that an annual review will be carried out by the “Student Mental Health Working Group” which will report back to the Student Experience Committee and Strath Union Student Parliament for joint approval.

This working group shall be comprised of representation from Strath Union, Strathclyde Sport, Disability and Wellbeing, Library services and all other relevant parties. This group will meet a minimum of 4 times per year and shall be chaired by Strath Union VP Welfare, with collaboration from Strath Union VP Sport.

Signed by:

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