



Student Mental Health Agreement

Our Five Pledges

1) Promotion & Prevention

We pledge to provide information to all students about the resources available to support with their mental health and wellbeing. By raising awareness through proactive promotion, we hope to increase our chances of intervening early, whenever students feel their mental health is not good.

2) Direct Mental Health Support

We pledge to provide direct mental health support for those in need, including tailored support to priority groups of students, based on their backgrounds, experiences and needs.

3) Spaces & Places

We pledge to enhance the provision of physical places on campus and safe spaces such as groups and societies, where students can connect with each other socially to enhance their wellbeing.

4) Training & Knowledge Exchange

We pledge to create an open, inclusive and supportive community of both staff and students, sharing best practice, knowledge, and resources around Mental Health and Wellbeing.

5) Student & Staff Shared Activities

We pledge to create opportunities for both students and staff to be involved in; fostering an environment of mutual respect and making Edinburgh College a supportive environment for students' mental wellbeing.