

Edinburgh College Student Mental Health Agreement

This is an initiative led by Think Positive on behalf of NUS Scotland to bring student associations and their institutions together in a formal agreement to work jointly on mental health issues on campus.

This agreement plan develops from the work we completed in taking part in this award for the first time, so this year we are working towards new aims and some already existing that need further development.

1. To set up a student led health steering group where we will identify key areas they think are of importance and work closely with the students to implement a weekly group on 3 campuses by February 2019

Actions to be taken:

- Launch Welcome Week Survey, to gather students interest in joining the group
- Contact roombookings to find adequate rooms (weekly) for the groups to meet
- Create promotion for the groups e.g. posters, mailing via CIVI CRM online system
- Attend the meetings as reps of Student Association, ensuring it's clear that if an issue is overwhelming for the students that they know who to speak to within the college, e.g. Wellbeing team, Nightline, Student Services.

2. To establish an online wellbeing hub for students, that focuses on their wellbeing and physical activities outlook by March 2019

Actions to be taken:

- Gather research of online apps available, general wellbeing information
- Ask the students from the "It's Not Just You" campaign, if it's ok to use their videos from this on the online wellbeing hub
- Create template for the hub
- Have students feedback on what they like, dislike and adapt any changes
- Launch wellbeing hub on our ECSA website
- Continue to update the hub with up to date information

3.

To launch weekly yoga sessions for a group of our mature students by January 2019

Actions to be taken:

- Gather evidence/data of the demographics of students
- Consider the data analysis when choosing what students group to work with
- Identify the student group and work with them to see what they'd like to engage with.
- Implement their suggestions (in this case we thought the yoga sessions would be most beneficial)
- Launch weekly yoga sessions for a time that suits the students
- Find out what information they need e.g. wellbeing information
- Provide required information

4. **To improve our links with external mental health organisations, so our students have more support in place for their wellbeing by December 2018**

Actions to be taken:

- Establish a working agreement plan between us and Nightline
- Set up a planning meeting with Nightline to create an action plan for the year
- Promote listening service and training sessions
- Ask Nightline if they could provide us with personalised promotional posters and stickers
- Request they provide wellbeing packs for our students during both terms, especially during exam times throughout the year. So we can help to reduce stress and anxiety in our students

5. To take part in the Healthy Body, Healthy Mind Award, tackling the stigma of student mental health and physical activities by May 2019

Actions to be taken:

- Attend the Think Positive launch event
- Plan who could be part of the HBHM working group and set a date for the group to meet/combine into a student wellbeing working group
- Ensure the HBHM section on website is updated. Clear with signposting for resources
- Create a one year social media plan
- Create a single year action plan
- Ensure we promote HBHM activities regarding 3 topics with the award
- Making sure we meet the deadline date for submission in May

6. To continue the work we've completed on the student mental health agreement plan and introduce new working areas by April 2019

Actions to be taken:

- Review last academic years plan and working areas
- Plan to combine the HBHM working group with the SMHA group, creating the student wellbeing group
- Create new plan with input from the working group
- Request that the new wellbeing team takes a lead in one of the working areas of the plan. Particularly the early intervention mechanisms
- Ensure we include students input within the plan and working areas
- Make sure we meet the deadline of submission in June
- Create student friendly version of the plan
- Plan for the students to sign it as well as the Principal
- Launch plan on our website

7. To provide wellbeing packs and activities for students in halls of residence by January 2019

Actions to be taken:


- We identified through chatting to our students that they require support from us
- To establish partnership with the local church, to provide one monthly visit to the halls and have them provide students with a free meal
- Have focus group meetings with the students
- Provide the students with wellbeing packs (Dec)
- Promote support services specifically for students living in halls

8. To establish early intervention mechanisms for all students by November 2019

Actions to be taken:

- Contact the wellbeing team to take lead on this working area
- Ask them to launch mechanisms for students for early intervention
- Request they ensure they gather evidence for the work they complete
- Make sure student feedback is included
- Monitor their progress of this regularly and through the student wellbeing working group

Audrey Cumberford- Edinburgh College Principal



Beth Anderson- Vice President Welfare Officer-ECSA