

Board of Management

Date of Meeting	Wednesday 5 June 2019
Paper No.	BoM6-W
Agenda Item	19.2
Subject of Paper	Students' Association Student Mental Health Agreement 2019-20
FOISA Status	Disclosable
Primary Contact	Student President
Date of production	May 2019
Action	For Noting

1. Recommendations

To note the Students' Association Mental Health Agreement 2019-20.

Student Mental Health Agreement 2019/20





INTRODUCTION

At City of Glasgow College, we have developed our Student Mental Health Agreement to display our commitment to the mental health of our students.

We believe that mental health should be at the heart of everything we do, and want to ensure that students can get the support and help they need from day one.

Through our agreement, we aim to listen to student opinion and provide opportunities that will benefit the wellbeing of our students. We hope this will create an inclusive and respectful college environment that tackles stigma by normalising speaking about mental health issues.

Our Student Mental Health Agreement 2019/20 focuses on six key areas which have been developed following consultation with student representatives. The agreement establishes a partnership between City of Glasgow College and the Students' Association for student mental wellbeing. It outlines the actions we will take to promote a whole college approach to tackling student mental health.

Signed on behalf of City of Glasgow College,
Principal & Chief Executive Officer, Paul Little

Signed on behalf of Students' Association, Vice
President Diversity & Wellbeing, Alex Robertson

OUR PRIORITIES

**GETTING IT
RIGHT**

**SUPPORTING
VULNERABLE GROUPS**

**TACKLING THE
STIGMA**

**BUILDING
PARTNERSHIPS**

**LISTENING TO
STUDENTS**

**CREATING
OPPORTUNITIES**


GETTING IT RIGHT

Our statement

City will make sure we do everything we can to support students who experience mental health issues.

We want every student to get the help they need to ensure they have the best learning experience. We aim to make our services easy to access from day one so that students feel supported discussing their mental wellbeing.

Actions:

- Encourage and support early disclosure of mental health issues to ensure appropriate support is put in place.
 - Students disclosing mental health issues are supported by Learning Support through a personal learning support plan.
 - Provide opportunities throughout the academic year for students to disclose a mental health issue.
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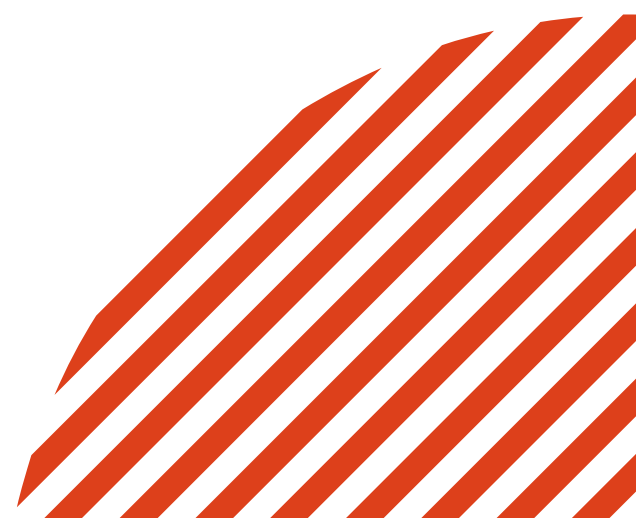
TACKLING THE STIGMA

Our statement

City will actively campaign to promote wellbeing and tackle the stigma surrounding mental health.

We want to create a respectful college that is considerate of those experiencing difficulties. We aim to normalise mental health issues through events, campaigns and information.

Actions:

- Deliver an annual programme of campaigns promoting mental wellbeing and tackling mental health stigma.
 - Throughout the year we will use college and Students' Association social media to promote key mental health campaigns, events and services.
 - Run pop-ups aimed at providing specific support and tackling mental health stigma
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LISTENING TO STUDENTS

Our statement

City will use student opinion to develop our support services.

We want students to be actively involved in discussions around mental wellbeing. We aim to create a safe and inclusive space where students are empowered to discuss their ideas around mental wellbeing.

Actions:

- We will use My Voice and student focus groups to gather student views in relation to supporting mental health.
- We will establish a steering group including students to help guide developments within mental wellbeing provision




CREATING OPPORTUNITIES

Our statement

City will create opportunities to participate in events and activities beneficial to mental wellbeing.

We want to ensure that every student's mental wellbeing needs are met. We aim to provide a diverse range of activities that promote mental wellbeing amongst our students.

Actions:

- Promote local services that students can access.
 - Provide alternative opportunities for students to improve their wellbeing e.g. Mindfulness and Yoga sessions.
 - Create a pilot programme of mental wellbeing volunteering opportunities for students.
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BUILDING PARTNERSHIPS

Our statement

City will encourage staff and students to work together to support mental wellbeing.

We want to make sure that everything our College does contributes positively to mental wellbeing. We aim to develop our current partnerships, whilst establishing new partnerships and initiatives to improve the student experience.

Actions:

- Review College policies to ensure consideration of mental wellbeing
 - Mental Health Training made available for staff and student volunteers
 - Seek new partnerships with external organisations to offer additional events and services
 - City of Glasgow College will host a regional mental health conference to support schools, colleges and universities to build resilience in learners with mental health issues
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SUPPORTING VULNERABLE GROUPS OF STUDENTS

Our statement

City will ensure that every student, regardless of circumstance, will be fully supported to achieve.

We want to make sure that support is in place to help our students overcome any barriers to achieving their full potential. We aim to tackle discrimination and build a welcoming learning environment.

Actions:

- Continue to develop and provide spiritual care provision through the College Chaplaincy and Quiet Reflection space on City and Riverside.
 - Provide information and support surrounding life skills such as student funding, accommodation and budgeting.
 - Encourage the development of learning support for students in key skills such as time management, study skills, exam strategies.
 - Support liberation societies to ensure that students who identify into a liberation can form or attend a society.
 - Facilitate events targeted towards providing information for care experienced students, student carers and estranged students as we recognise that these specific students may face multiple barriers to learning.
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