



ABSTRACT

The Dundee & Angus College **Student Mental Health Agreement** has been designed by a collection of staff, and guided by our Students' Association electives and representatives. The purpose of this agreement is to ensure that there are clear and accessible routes, activities and processes which will help to empower students to look after their mental health and general wellbeing during their time at Dundee & Angus College and beyond.

The SMHA was formed collaboratively between D&A staff and student representatives as well as with the support of the National Union of Students Scotland (NUS Scotland).

student mental health agreement



Dundee & Angus College Student Mental Health Agreement (2019/20)

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The Student Mental Health Agreement covers **five** key areas which are detailed below:

1. Support services promoted to students in a variety of ways throughout the year
2. Provide a range of support to students
3. To provide a range of developmental opportunities for students and staff to increase their knowledge around mental health
4. To host Mental Health & wellbeing promoting activities on campus
5. Create opportunities for staff and students to cooperate and collaborate on mental health and wellbeing concerns on campus.

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1. Support services promoted to students in a variety of ways throughout the year

All students will be made aware of the processes in place on how to access & receive support. Providing clear and accessible support mechanisms will support our student body and ensure they can access our support services with ease.

In order to do this, we will:

- Ensure support features as a permanent standing topic during **ALL** student inductions.
- Tutors will highlight and review group/individual support needs on an on-going basis
- Drop-in support sessions are available on campus
- Ensure clear branding and signposting procedures in place for those seeking support
- Class and lead reps receive training on signposting
- Ensure the staff & student portals display a clear and accessible link to the student services team and supportive information.
- Ensure the Students' Association and Sports Union website has clear information on how to source support.
- Ensure there is an active presence and promotion of support at key points during the year; e.g. exam times and over the holiday periods

2. Provide a range of support to students

There are various strands of support's available to students during their time at college. The agreement will outline the types of support we offer and the actions we take as a college to support students throughout their college journey.

Student Services - is available on all 3 main campuses sites at Dundee & Angus College. Our Student Services team offers advice, guidance, academic and social emotional and behavioural (SEB) support to all students. Our mission is to ensure the best possible experience for the student.

In order to do this, we will:

- Plan exam arrangements, equipment
- 1-2-1 academic or SEB support
- Give course and financial guidance and information

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We can also offer:

- group work sessions
- in-class support

Alternative support:

There are a range of teams in the college who aim to support and enhance your wellbeing and college experience. Throughout the year lecturers and relevant staff will inform students of the variety of activities, projects and events which they can get involved with over the academic year.

In addition to these strands of support, there are electronic or paper based guides and information which students can source from the following areas: Learner Engagement, Sports Union & Students' Association offices, as well as student services areas.

3. To provide a range of developmental opportunities for students and staff to increase their knowledge around mental health

Students and staff alike, will have access to a range of developmental opportunities to support the colleges endeavours with respect to mental health and wellbeing. Delivering a range of supportive and informative training will help us as a college to raise awareness on key topical issues, developing a more informed and understanding population, whilst supporting our efforts in breaking stigma.

To do this we will:

- Offer a range of CPD and training opportunities which will support the upskilling and knowledge development of key staff and student groups. Opportunities may include:
 - Scottish Mental Health First Aid
 - Scottish Mental Health Awareness
 - WRAP training
 - Mindfulness & Resilience training
 - E-learning: Focused topics including: Smoking, mental health & physical activity

Key groups include; Academic and support staff, Students' Association electives, class & lead reps as well as student project volunteers.

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4. To host Mental Health & wellbeing promoting activities on campus

Across the duration of each academic year, there will be a variety of mental health and wellbeing promoting activities. These activities/events/projects will not only challenge the stigma of key health inequalities but help to raise awareness to issues which face the student body.

To do this we will offer/deliver the following provision:

- Delivery of numerous annual events including: Freshers, Re-Freshers & wellbeing fayres – which have a key focus around mental health and wellbeing.
- Delivery of a monthly campus health screening drop-in (this includes: body composition testing, blood pressure testing and a variety of wellness, health and fitness tests).
- Deliver and support the delivery of mental health awareness week, as well as key projects which tackle stigma and inequality, events may include:
 - Walk a mile in my shoes – campaign tackling stigma around mental health
 - SocieTea
 - Crack Open a cold one

Physical activity for mental health

- Delivery of a FREE OF CHARGE recreational sports programme
- Provide free Gym & Swim free passes for those seeking support
Student services, Sport & Fitness and D&A Sports Union partnership, terms and conditions apply.
(Free gym and swim access for students seeking support for mental health, allocation of gym and swim passes to be managed in partnership between Student Services, Sports & Fitness and the Sports Union teams)
- Provide and develop on-site FREE physical activity resources:
 - The Daily Mile
 - The Urban Gym
 - Resource packs

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5. Create opportunities for staff and students to cooperate and collaborate on site specific mental health and wellbeing concerns.

Staff & students working collectively to ensure our college community and population are aware of key wellbeing issues. The student body will have the opportunity to influence decision making processes with regards to mental health and wellbeing.

To do this we will:

- Meet at least once a per quarter to discuss and address the SMHA. This group will have representation from relevant departments across the college. This group will deliver, monitor and evaluate the SMHA working areas, creating more of a whole institutional approach to student mental health.
- Provide an opportunity for a student focused to have membership to the above noted wellbeing group.
- Provide students with the opportunity to stand for wellbeing roles within the Students' Association / Sports Union / Wellbeing project
- Develop and display tailored branding around campus focusing on mental health and wellbeing
- Work in collaboration with external organisations such as: Breathing space and SAMH.

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Our Mental Health pledge

During your time at **Dundee & Angus College**, we as an institution are committed to supporting our students to achieve their full potential, and build an environment where all can flourish and succeed.

In order to do this, we as an institution make a clear pledge to support students throughout their college journey

Dundee & Angus College will:

- Make a commitment to ensure support is promoted and accessible to our student population
- Make a commitment to ensure there are appropriate means of support and interventions in place for our student body
- Make a commitment to address, recognise and support projects and interventions that tackle mental health inequalities and stigma.
- Make a commitment to ensure there are dedicated staff and resources to ensure our work around building resilience and tackling mental health is at the forefront of our operations.
- Ensure there are regular meetings and review processes highlighting and addressing the issue of student mental health and our Student Mental Health Agreement.

Signature

Signature

Signature

Signature

Date:

Date:

Date:

Date:

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