



Student mental health agreement



At **Dundee & Angus College**, we understand that mental health and wellbeing are essential to student success, belonging and achievement.



Our Student Mental Health Agreement (SMHA) has been codesigned by students, staff, elected officers, student reps, and our Students' Association to ensure that there are clear and accessible routes, activities and processes to support students to look after their mental health and general wellbeing during their time at Dundee & Angus College and beyond.

Through a number of activities, events, and workshops, we prioritised creating our SMHA to show our commitment to the mental health and wellbeing of students and staff at Dundee & Angus College, and set out how students, staff, and the Students' Association will work in partnership to create a College where wellbeing is supported, stigma is challenged and everyone can thrive.

This agreement complements our broader College initiatives aimed at fostering a holistic and inclusive educational environment, and aligns with:

- **Student Partnership Agreement 2030**
- **The Our College Strategy 2030**
- **College Charter**
- **College Values**

It provides a long-term framework for partnership working, supported by an annual Student Mental Health and Wellbeing Action Plan which will set shared priorities each year. This SMHA will remain in place until a new one is launched.

The SMHA will be monitored and evaluated through the yearly Think Positive Self-Evaluations in late spring/early summer.



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What We Mean by Student Partnership

This agreement sits alongside the Student Partnership Agreement and uses the same partnership approach.

Mental health student partnership means staff and students working together as mutually respected equals to co-create a culture where wellbeing is supported through learning, services, decision-making and the wider student experience.

Partnership is built on trust, openness, shared responsibility, and mutual respect and goes beyond feedback to include:

- **Co-creation of services and initiatives**
- **Students shaping support and wellbeing initiatives and activities**
- **Students contributing to governance and decision-making**
- **Students helping shape the future of the College**

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Our Shared Values

Our partnership is underpinned by the following principles:

Respect and Inclusion

We value the diversity of our student and staff community and ensure all voices can be heard.

Transparency and Trust

We communicate openly and act on student feedback.

Collaboration and Co-creation

Students and staff work together to shape the student experience.

Support and Empowerment

Students are supported to participate, represent and lead.

Accountability and Impact

We are committed to demonstrating the difference student partnership makes.



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The College commits to:

- Recognising the Students' Association (DASA) as the independent representative voice of students
- Providing appropriate support and resources for student engagement and representation through the Students' Association
- Ensuring students are co-creators in governance and decision-making
- Supporting active student involvement in quality enhancement and improvement
- Listening and responding to feedback and closing the feedback loop
- Supporting students to develop as partners and leaders

The Students' Association (DASA) commits to:

- Representing the diverse voices of the student body
- Supporting and training student representatives
- Working collaboratively with the College to enhance the student experience
- Gathering and sharing student insight and feedback
- Promoting opportunities for students to participate and engage

Students commit to:

- Promoting a culture of equal status and joint working between students and staff
- Sharing feedback and ideas to improve the College
- Engaging with representation and partnership opportunities
- Contributing positively to our College community



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Partnership in Action

The SMHA supports the delivery of the Dundee & Angus College Our College Strategy 2030 and Student Partnership Agreement 2030 by setting out how students and staff will work together to support mental health and wellbeing.

The five key areas were shaped through co-design sessions with our students and will guide mental health and wellbeing partnership activity from 2025. This agreement will be supported by an annual Student Mental Health and Wellbeing Action Plan.

The Student Mental Health Agreement covers five key areas:

- Support services promoted to students in a variety of ways throughout the year
- Provide a range of support to students
- To provide a range of developmental opportunities for students and staff to increase their knowledge around mental health
- To host mental health and wellbeing promoting activities on campus
- Create opportunities for staff and students to cooperate and collaborate on mental health and wellbeing concerns on campus, online, and outward bounds



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.

This is a focus area because we have seen an increase of demand on support services within the College. This is evidenced by student and staff feedback as well as national statistics in the sector.

We will work in partnership to achieve this by:

- Ensuring support features as a permanent standing topic during all student inductions
- Supporting Group Tutors to highlight and review group/individual support needs on an ongoing basis
- Promoting Drop-in support sessions on all campuses
- Ensuring clear branding and signposting procedures are in place for those seeking support
- Providing Student Representatives with training on signposting and support services available
- Ensuring the My D&A Life app and DASA SharePoint Site are used to create easy access to the Student Services team and helpful supportive information, including the dedicated Student Services contact for each department
- Ensuring there is an active presence and promotion of support at key points during the year, such as exam times and over holiday periods
- DASA and Student Services will work closely to provide more informal support through clubs, groups and societies
- Running Thrive, Respect, and wellbeing events throughout the year



Provide a range of support to students

There are various strands of support available to students during their time at college. The SMHA 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 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.

This is a focus area because we have seen an increase of demand on support services within the College. This is evidenced by student and staff feedback as well as national statistics in the sector.

We will work in partnership to achieve this by:

- Planning individualised support plans to meet the unique needs of each student, including 1-2-1 academic and SEB Support
- Providing necessary arrangements and equipment for exams
- Collaborating with schools to ensure smooth college transitions
- Providing course and financial guidance, including childcare funding assistance
- Ensuring students have access to literacy and dyslexia screenings
- Providing Student Services Triage sessions for immediate support
- Liaise with external agencies
- Providing UCAS guidance to support university applications
- Arrange opportunities for group work sessions to support student groups from the LGBT community, care experienced students, and carers
- Providing DSA assessment to identify necessary support
- Providing in class support
- Promoting information on activities to support wellbeing and mental health throughout the year
- Ensuring ease of access to digital and paper-based guides and information



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 College's 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.

This focus area is shaped by feedback from students and staff, internal statistics, and external research, ensuring it aligns with wider college priorities. By integrating these elements, we aim to create a comprehensive approach that not only addresses immediate needs but also contributes to long-term cultural change within the college.

We will work in partnership to achieve this by:

Offering 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
- Stress, Burnout, and Anxiety Awareness
- Mindfulness & Breathing
- Breathing Space
- Strengthening Personal Resilience Training
- Open University and SAMH Training Courses
- E-Learning through EduCare
- Gender-Based Violence Training
- Suicide Intervention Prevention Programme
- Hosting activities and learning opportunities on key calendar dates
 - Mental Health Day
 - Time to Talk Day
 - Breathing Space Day
 - Suicide Prevention Day



To host mental health & wellbeing promoting activities on campus

Across 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 raise awareness of issues facing the student body.

This is a focus area because we have appointed an Active Campus Coordinator to challenge the stigma of key health inequalities and raise awareness of issues facing the student body, and to promote mental health and wellbeing. The holder of this role will support the College and the Students' Association in the delivery of mental health and wellbeing initiatives which are informed by feedback from students, staff, internal statistics, external research and align with the wider College priorities.

We will work in partnership to achieve this by:

- **Hosting annual Events such as:**
 - Freshers
 - Re-Freshers
 - Thrive
 - Respect
 - Wellbeing Fayre
- **Providing on-site Physical Activity Resources:**
 - The Daily Mile
 - Wellbeing Garden
 - Breathing Space Benches
 - Resource Packs
- **Giving students the opportunity to discover physical activity for mental health**
- **Promoting mental health awareness activities, such as:**
 - Walk a Mile in My Shoes
 - Cuppy & Chats
 - Tea, Toast, Tell Us sessions



Create opportunities for staff and students to cooperate and collaborate on mental health and wellbeing concerns on campus, online and outward bounds

Staff and students will work in collaboration to ensure our College community is aware of key wellbeing issues. The student body will have the opportunity to influence decision-making processes and co-design mental health and wellbeing activities and processes.

We will work in partnership to achieve this by:

- Meeting at least once per quarter to discuss and reflect on work to deliver the key objectives outlined in the annual Mental Health and Wellbeing Action Plan.
- Providing opportunities for students to sit on the internal Health, Safety and Wellbeing Committee.
- Providing opportunities for students to take on volunteer wellbeing roles with the Students' Association and Learner & Community Engagement Team (LACE).
- Collaborating with external organisations.
- Providing students with the opportunities to engage in feedback sessions and key decision-making processes.
- Providing opportunities for students to take part in social education sessions or volunteering.
- Promoting wellbeing services and events across the College.
- Organising activities ranging from physical exercise to cultural trips through our Fun Friday's Project.
- Hosting regular physical activities on campus.
- Providing the opportunity for students to create and run social clubs and groups.



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Accountability, Monitoring & Review

This Student Mental Health Agreement will be:

- Supported by an annual Mental Health and Wellbeing Action Plan
- Monitored through College governance and quality processes
- Reviewed quarterly in partnership with the Students' Association and the SMHA Group
- Evaluated annually through the Think Positive Self-Evaluations
- Refreshed as required during the lifetime of the College 2030 Strategy

Student Partnership Model



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| Students' Association | Wellbeing Campaigns & Initiatives |
| Student Partnership Agreement | Partnerships with Support Services |
| Student Mental Health Agreement | Community Building Activities |
| Student Representation System | Thrive with D&A Project |
| Survey's & Focus Groups | Student Participation in Projects & Reviews |
| Data Driving Quality Enhancement | Student Involvement in Enhancement Activity |
| Student Focused Campaigns | Codesign Opportunities for Staff & Students |



Our Mental Health pledge

Dundee & Angus College Commitments

- **Promote and Ensure Accessibility of Support:** We commit to ensuring support services are well-promoted and easily accessible to all students.
- **Provide Appropriate Support and Interventions:** We commit to having appropriate means of support and interventions in place for our student body.
- **Tackle Mental Health Inequalities and Stigma:** We commit to addressing, recognising, and supporting projects and interventions that tackle mental health inequalities and stigma.
- **Dedicated Staff and Resources:** We commit to ensuring there are dedicated staff and resources focused on building resilience and tackling mental health issues.
- **Regular Meetings and Review Processes:** We commit to holding regular meetings and review processes to highlight and address student mental health issues and our Student Mental Health Agreement.

Signed on behalf of D&A College Students,
Connor Pithie, Student President

Signed on behalf of D&A College,
Simon Hewitt, Principal

Signed on behalf of D&A College,
Sarah Thom, Student Services Manager

Signed on behalf of D&A College Students' Association (DASA),
Sarah Rennie, Student Partnership & Enhancement Lead

Signed on behalf of D&A College,
Lauren Simpson, Active Campus Coordinator,
