The Student Mental Health Agreement (SMHA) 2023 - 2025

Summary Document
SMHA Timeline and Goals

*Important information: These resources are monitored and evaluated locally through student feedback and through our Pulse survey. We will also engage in student focused groups and monitor data through our services which will inform evaluation of this agreement. Such qualitative and quantitative data can help us better evaluate our students’ wellbeing needs.*

**01** What we have done and is currently available

- Implemented a new sector-leading model of Student Support for UG & PGT students
- Mindfulness and psychoeducational workshops;
- Student Counselling Service run Skills for Life and Learning workshops;
- The Listening Service running 24/7;
- Committed to online self-help and resources from Togetherall, SilverCloud (CBT), and Feeling Good App;
- Active Bystander and online modules for Student Leaders;
- Consent training workshop available to all students;
- #NoExcuse campaign for ending sexual harassment and violence on campus
- Peer Support - PALS, Peer Mentoring, and Global Buddies;
- Staff mental health training for students in distress and with ongoing mental health situations;
- Introduced the Equally Safe Team who support students who have been affected by gender-based violence;
- Expanded the Residence Life team who support students who live in university accommodation
- Liberation Campaigns creating a space where self-defining students can come together

**02** What we are doing currently and for the future

- Continue to develop the Report and Support platform
- #NoExcuse campaign from EUSA (in development with students this year);
- Continue to encourage students to seek support when they need it through the Chaplaincy, Student Counselling Service, and Student Wellbeing Service;
- Encourage students to tell the Disability and Learning Support Service if they are struggling with university life due to any disability, so that they receive the right support at any time in their university journey;
- The Drugs & Alcohol harm reduction group to foster a harm reduction approach in the University (in development with students this year);
- Improve the international student experience in collaboration with them;
- Embed a sense of belonging in the Schools, University and city (in development with students this year);
- Wellbeing events run by Student Wellbeing Service twice every month on campus;
- Continue to provide opportunities, programmes and services for our community to get active
SMHA Timeline and Goals

What we want to do in the next two years

- Developing further and creating new programmes for Widening Participation students;
- Sense of belonging group development;
- Develop Suicide Awareness Training for students and staff;
- Wellbeing in the curriculum work as part of curriculum transformation;
- Developing further the Transitions programme on induction of students in the University;
- Continue developing the Let'sTalk Campaign through events and new resources (https://www.ed.ac.uk/students/health-wellbeing/lets-talk);
- Consider the role being active has to play in supporting student wellbeing when devising strategies

We Want Your Feedback!

If you are interested in taking part in student focus groups, surveys, or want to send feedback, please email StudentMentalHealthAgreement@ed.ac.uk
Useful Links for University Resources

#NoExcuse: https://www.eusa.ed.ac.uk/yourvoice/campaigns/noexcuse
Academic Support Librarians: https://www.ed.ac.uk/information-services/library-museum-gallery/academic-support-librarians
Active Lives: https://www.ed.ac.uk/sport-exercise/keep-active
Chaplaincy Listening Service: https://www.ed.ac.uk/chaplaincy/the-listening-service
Chaplaincy: https://www.ed.ac.uk/chaplaincy
Course for a Safe University Environment: https://www.ed.ac.uk/equality-diversity/students/consent-matters-and-tackling-harassment
Equality, Diversity, and Inclusion (EDI): https://www.ed.ac.uk/equality-diversity/students
Equally Safe Team: https://www.ed.ac.uk/students/work-on-gender-based-violence/about-equally-safe
Extensions and Special Circumstances Service: https://www.ed.ac.uk/student-administration/extensions-special-circumstances
Institute for Academic Development (AID): https://www.ed.ac.uk/institute-academic-development
Let’s Talk: https://www.ed.ac.uk/students/health-wellbeing/lets-talk
New Student Support Model: https://www.ed.ac.uk/students/academic-life/how-we-support-you
PALS and Peer Support Schemes: https://www.eusa.ed.ac.uk/activities/list?type=peer
Paws on Campus: https://www.ed.ac.uk/health/research/research-community-and-impact/paws-on-campus
Peer Mentoring for UG students: https://www.ed.ac.uk/studying/undergraduate/access-edinburgh/settling-in-at-university-peer-mentoring
Prescribe Culture: https://www.ed.ac.uk/information-services/library-museum-gallery/heritage-collections/in-the-community/prescribe-culture
Report and Support: https://reportandsupport.ed.ac.uk/
Sports Union: https://www.eusu.ed.ac.uk/
Student Counselling Services: https://www.ed.ac.uk/student-counselling
Student Wellbeing Service: https://www.ed.ac.uk/student-wellbeing-service
Students’ Association: https://www.eusa.ed.ac.uk/
Taxi Scheme: https://www.eusa.ed.ac.uk/about/policy/welfare/taxischeme
The Advice Place: https://www.eusa.ed.ac.uk/adviceplace
Thank you for taking the time to read through UoE's SMHA short version! We hope it is helpful to you - the student at the University of Edinburgh! For the full version of the SMHA document, please visit https://www.ed.ac.uk/students/health-wellbeing/student-mental-health-agreement-with-nus-scotland.

Signed on 14.03.2024.

Created by: Stiliyana Ilieva (PPLS student) with Rebecca Shade