

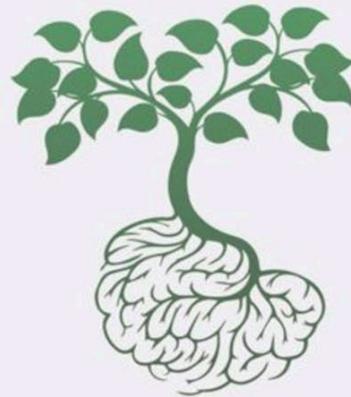
Putting cross-university collaboration and student co-creation at the heart of your mental health agreement

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UWS Student Mental Health
Advisory Group

UNIVERSITY OF THE
WEST of SCOTLAND

UWS



A Brief Overview of the UWS and Student Union

Student Mental Health Partnership





The project began in 2018

The importance of working in partnership with our students and staff on mental wellbeing has been the guiding principle of the UWS Mental Health Action Plan

UWS signed the first SMHA in 2018

The student mental health agreement is the ideal vehicle for the University and the Student Union to meet the ambitions set out the UWS action plan around partnership working and co-creation

The project grew in 2020 to include its first student advisory panel with around 8 members

They met monthly and created the logo for the advisory group and helped co- create a range of activities and social media content



RECRUITMENT

2021 recruitment brought over 80 potential members!

20 students were selected from this to form the SMHA advisory panel

2022 has seen a decreased number involved due to the ongoing hybrid learning



The University & the UWS Student Union completed a mapping exercise to identify current preventative provision, current supportive provision, and any gaps in provision.

Through the mapping exercise and the work of the advisory panel, the focus is on five key priority areas for the academic year 2022/2023.

UWS SMHA Priority Areas 2021–2023

- 1 Mental Health Promotion** 
Use a whole systems approach to promote good mental health for the whole student community
- 2 Campaigns and Events** 
To challenge stigma and empower students to take control of their wellbeing
- 3 Reducing barriers to help seeking** 
For students who may not traditionally access support
- 4 Suicide prevention** 
Activities and training to support UWS suicide safer ambitions
- 5 Co-created communication** 
Promote UWS support services with student centred co-created content

NOVEMBER 2022: THE AGREEMENT WAS
SIGNED BY OUR UWS UNION VP STUDENT
WELFARE & WELLBEING & UWS
PVC TEACHING, LEARNING & STUDENTS





(Gerten, 2021)

Men's Mental Health

How often have you seen men openly discuss their mental health?

But does that mean they're coping with it better?

Men's Mental Health



(King's College London, 2021).

Mental Health Foundation for Scotland:

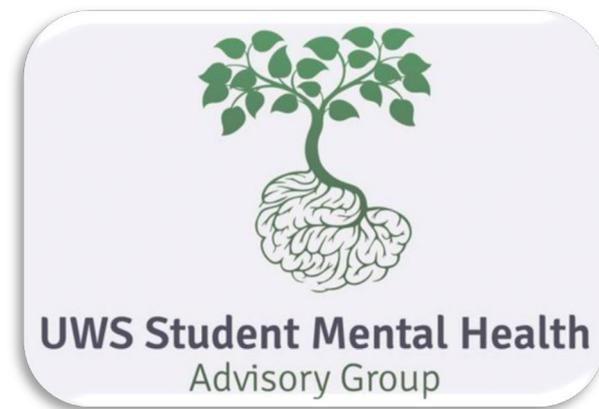
- A third of Scottish men (37%) have experienced suicidal thoughts because of stress. A further third reported that they had turned to alcohol as a coping mechanism and had increased their consumption of alcohol due to stress

(Mental Health Foundation, 2018).

Further education:

- 30% of UWS students who identify as male sought counselling over the last few years.
- 64% of Scottish college students stated they had low mental well-being.
- 55% of students admitted to hiding a mental health issue due to stigmatisation.

Men's Mental Health



What is the link to UWS's Student Union Mental Health Partnership?

Section 1- Aims to raise awareness on student mental health through multiple platforms and to encourage use of services.

Section 3- Strives to increase the number of students seeking support and provides students with options to seek help.

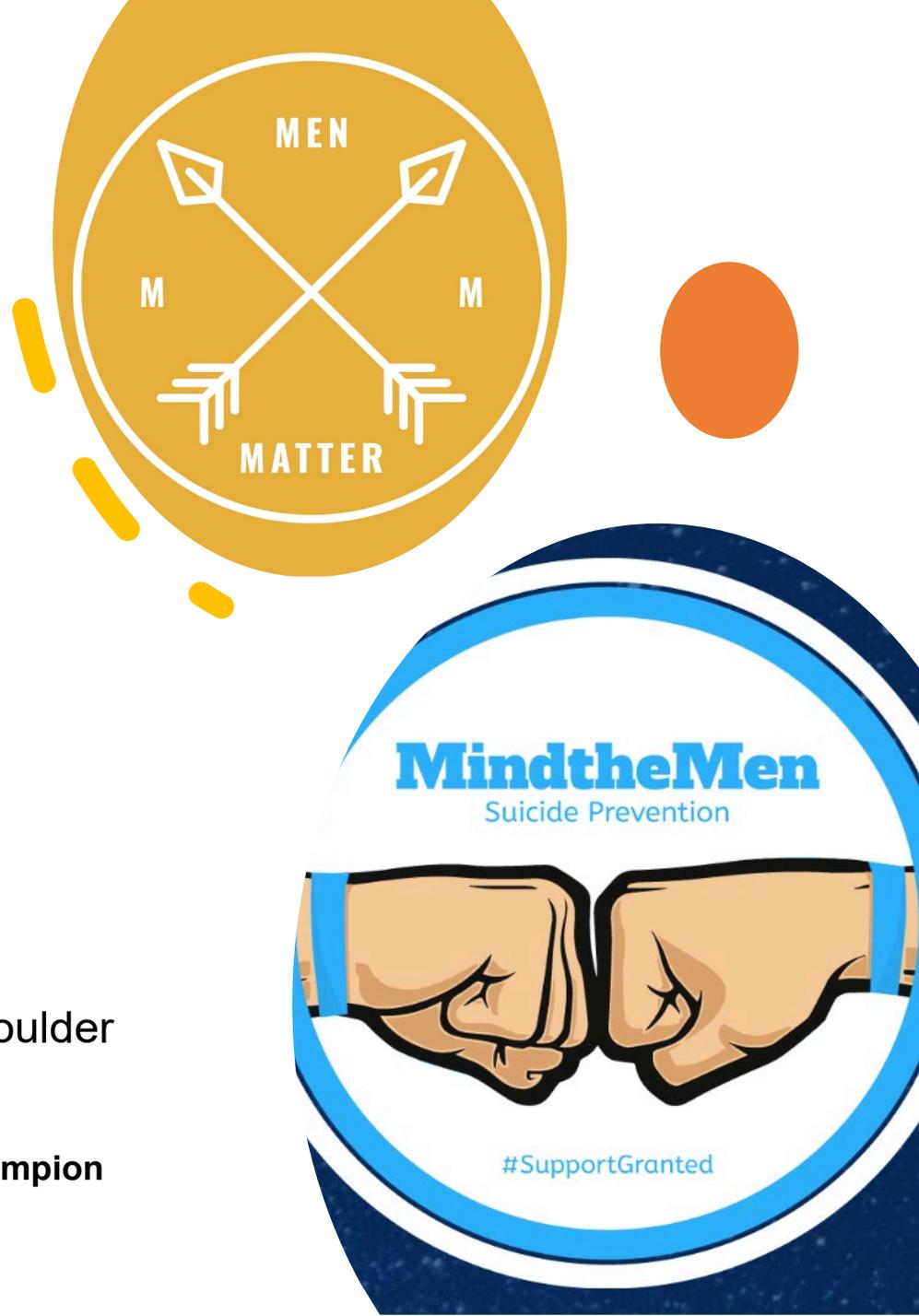
Men's Mental Health

Community Support Networking:

- Mind the Men
- Men Matter Scotland
- Universal Connections

“I'd rather have a mate cry on my shoulder than go to his funeral next week.”

Paddy Pimblett, 2022 UFC Champion



UWS WELLBEING SUPPORT

PROMOTION OF WELLBEING SUPPORT IS A KEY PRIORITY AREA IN OUR STUDENT MENTAL HEALTH AGREEMENT

THROUGH AN EXERCISE WE DID WITH STUDENTS TO DISCUSS GAPS IN PROVISION, WE FOUND PROMOTION OF SUPPORT WAS A KEY ISSUE

Uni contact students via email too much, students overwhelmed with communication and things get lost.

Hard to find events or activities on campus due to the multiple apps and websites.

increasing visibility

promotion of services

COUNSELLING SERVICE

- **WE OFFER COUNSELLING TO STUDENTS ON A SESSION BY SESSION BASIS**
- **OUR ONE AT A TIME MODEL ALLOWS STUDENTS TO ACCESS SUPPORT QUICKLY**



SILVER CLOUD

- **SILVER CLOUD IS AN ONLINE MENTAL HEALTH RESOURCE**
- **STUDENTS CAN ACCESS MODULES ON A RANGE OF TOPICS SUCH AS ANXIETY, DEPRESSION, STRESS, POSITIVE BODY IMAGE AND MORE**
- **WE PROMOTE THE PLATFORM AT KEY POINTS IN THE ACADEMIC YEAR**



SilverCloud
Digital Mental Health Platform

Self-help for Wellbeing and Mental Health

OUT OF HOURS STUDENT HELPLINE

- **STUDENTS CAN CALL 24/7 AND GET THROUGH TO A QUALIFIED COUNSELLOR**
- **THIS ALLOWS STUDENTS TO RECEIVE SUPPORT AT ANY TIME**
- **PROMOTION THROUGH SOCIAL MEDIA, UWS WEBSITE & STAFF EMAIL SIGNATURES**

UWS Student Out of Hours Helpline

If you require emotional support between 5pm and 9am on weekdays or 24-hours over the weekend, UWS students can call **0800 028 3766** to speak to a counsellor.

Counselling appointments are available
Mon – Fri, 9am to 5pm by contacting The Hub.



WELLBEING WORKSHOPS & WEBINARS

- **OUR WELLBEING TEAM DELIVER WORKSHOPS ON TOPICS SUCH AS CONFIDENCE, ADAPTING STUDYING ONLINE, VALUES AND MORE!**
- **OUR PANEL HAS PRODUCED SHORTER FORM VIDEOS SUCH AS TIKTOK VIDEOS: TOPICS INCLUDE UNPLUGGING FROM TECHNOLOGY & SELF CARE.**

UWS Student Wellbeing

Following

Contact

318

Followers

119

Total events

Student Wellbeing part of the professional support services at the University of West of Scotland. All of our activities are freely accessible to our students.

We design and deliver a wide range of student wellbeing activities across the year including workshops and groups....

[Show more](#)



INVOLVING STUDENTS IN CAMPAIGNS & EVENTS

Stalls: Uni Mental Health Day, Mental Health Awareness Week, International Students Day!



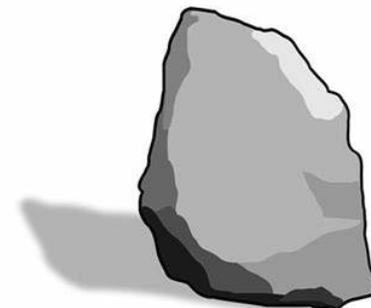
UWS UNION PAWS AGAINST STRESS EVENT



STUMBLING BLOCKS

What challenges have we faced this year?

- Student & staff availability
- Students on multiple campuses - hybrid learning on different schedules
- Running the panel virtually
- Student engagement



STUMBLING
BLOCK

ON-GOING IDEAS & PLANS FOR THE COMING YEAR!

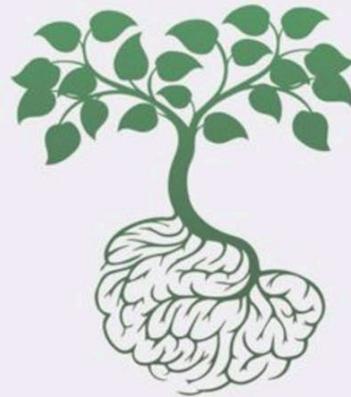
Fun Activities!

- **Mind & Draw – Art Therapy**
- **Print Clan – Fun event to produce the group logo on t-shirts and bags**

To do list:

- **Student Survey**
- **Advertising & Recruitment for 2023/24**





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Advisory Group

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UWS

YOUR union
UWS

Thank you

Questions are welcome!

