



# Student Mental Health Agreement

2023-2025

**EDINBURGH NAPIER UNIVERSITY and EDINBURGH NAPIER STUDENTS' ASSOCIATION**

## **Student Mental Health Agreement 2023 - 2025**

### **Introduction**

Edinburgh Napier University and Edinburgh Napier Students' Association are committed to working in partnership to improve the mental health and wellbeing of students and staff. The University and ENSA have worked together to create this Student Mental Health Agreement (SMHA), which was inspired by the [NUS Think Positive](#) initiative.

At Edinburgh Napier, the SMHA is an integral part of the University's Wellbeing Service and ENSA's strategic priorities. The Agreement ensures that the Service and the Students' Association are actively achieving their goals, both individually and collectively, to promote the importance of student mental health by challenging stigma, raising awareness and promoting an open and inclusive University community. This SMHA builds on the 2019 – 2020 Agreement and covers the period 2023 – 2025. It has been developed in a post-Covid-19 context.

### **Our shared objectives are as follows:**

- Fostering a sense of belonging through creating an inclusive community
- Increasing suicide prevention awareness
- Enhancing self-care and wellbeing through a range of physical activities, including sport and nature connection
- Increasing awareness of the availability of support for mental health
- Improving psychological wellbeing through psycho-educational workshops

### **Key groups with responsibility for improving mental health and wellbeing in the University:**

- Harm Reduction Short Life Working Group
- Suicide Safer Steering Group
- Chaplaincy Steering Group

## **SMHA Goals and Activities for 2023/2025**

### **Community and Belonging**

Goal: Foster and sustain an environment which is welcoming and supportive of all students and staff in which everyone feels a sense of community and belonging.

Activities:

- 1) Increase the number of students participating in clubs and societies to pre-pandemic figures
- 2) Offer a range of events and activities that are inclusive of all students (eg some events with no alcohol; target both undergrad and postgrads; reach out to widening participation students through the WP Team)
- 3) Offer on-campus events and activities that are open to both staff and students (eg the Winter Warmer)

Success measures: numbers of students taking part in clubs and societies; number of campus events open to staff and students

### **Suicide Prevention**

Goal: To meet the aims of the Suicide Safer Plan which include the following:

- *people at risk of suicide feel able to ask for help and have access to skilled staff and well-coordinated support;*
- *people affected by suicide are not alone;*
- *suicide is no longer stigmatised;*
- *provide better support to those bereaved by suicide; and*
- *minimise the risk of suicide by delivering better services and building stronger, more connected communities*

*The Suicide Safer Plan incorporates the prevention, intervention and postvention framework (based on the 2018 UUK guidance 'Suicide Safer Universities'). The Suicide Safer Implementation Group includes Counselling & Mental Wellbeing services, and ENSA representation and activities below are related to work undertaken between the ENSA and Counselling & Mental Wellbeing services.*

Activities:

- 1) As recommended by the University-wide Harm Reduction Framework Short-Life Working Group, ENU and ENSA will adopt a framework with a number of awareness-raising activities to reduce stigma and implement culture change.
- 2) The ENU Comms Team will deliver suicide awareness-raising messages alongside the Feel Fab Feb campaign. In addition, suicide prevention community partners such as Samaritans and Penumbra Crisis Service will be invited onto campus, increasing awareness of where and how to seek help (in addition to the counselling & mental wellbeing services).
- 3) There will be ongoing dialogue between ENSA and the Counselling & Mental Wellbeing Team around suicide and suicide prevention.
- 4) The ENU Wellbeing Team and ENSA will develop a suite of indicators to measure impact.

Success measures: number of social media impressions related to suicide awareness campaigns; students engage with community partners on campus

### **Mental Health Promotion and Support**

Goal: Promote wellbeing, reduce stigma around mental health issues and increase awareness of the support available

Activities:

- 1) Produce communications promoting health and wellbeing (both ENU and ENSA)
- 2) Offer psycho-educational workshops for students and staff (eg Look After Your Mate for students by ENSA; Mental Health in the Workplace for staff by ENU)
- 3) Train Wellbeing Office Holders within ENSA's clubs and societies
- 4) Run the campaign 'Feel Fab Feb' to engage both students and staff in healthy living activities across the month of February
- 5) Promote the BRIT Challenge to engage both students and staff in health and wellbeing activities and raise funds in support of good mental health

Success measures: number of workshops offered to staff and students; number of Wellbeing Officer Holders trained; number of activities and events offered during Feel Fab Feb; funds raised for the BRIT Challenge