



# MEANINGFUL MENTAL HEALTH CAMPAIGNS POLICY

Title:	Meaningful Mental Health Campaigns	Date of Group Chat:	April 2019
Proposer name:	Matt Hayes	Role:	Vice President (Science & Engineering)

## Union Notes:

1. Mental health is a huge conversation not only within universities but also in wider society.
2. Student suicide rates are at their highest for 15 years and haven't significantly decreased since 2013.
3. The 'Let's Be Honest' report showed that 70% of ARU students surveyed suffered from stress.

## Union Believes:

1. That 'awareness' campaigns are not meaningful as everyone is aware of the crisis our generation is facing and that we must run impactful campaigns with clear, tangible outcomes.
2. In order to be 'meaningful', a campaign or event should do at least one of the following things:
  - a. Equip students with resilience/mindfulness skills to help them manage their stress in the long term
  - b. Raise money for a mental health charity
  - c. Offer students resources related to mental health charities/services.
3. Among the most affected by poor mental health are those from liberation groups.

## Union Resolves:

1. To not partake in or endorse any mental health campaign that is not 'meaningful'.
2. Continue to and push for greater diversity of representation on university committees relating to student wellbeing as mental health can look very different among different individual and intersecting liberation groups.
3. To lobby the university to ensure our counselling and wellbeing services are culturally competent and accessible to **ALL** students.

## Policy Summary:

Mental health campaigns should have clear outcomes that will directly benefit people rather than promoting awareness. University committees that relate to student mental health should have vast and diverse student representation on them.