

Vision: Anglia Ruskin University is a community that cares for each other

Educate - the Anglia Ruskin community will be educated about mental health issues and the services available to students

- We will undertake research to understand the specific issues facing our students (PM: GA)
- We will identify and promote key warning signs (PM: LR)
- We will work in partnership with the University to promote the services and support available to students (PM: KY)
- We will create a toolkit for personal tutors (PM: GA)
- We will offer advice, guidance and opportunities in order to live a healthy lifestyle (PM: JS)

Support - students feel comfortable talking about mental health issues and are equipped to support each other, creating a real ethos of care within our community

- We will run a self-care social media campaign (PM: LR)
- We will provide and/or facilitate first aid training for our elected representatives and staff (PM: KY)
- We will commit 14 hours a month to “being a friend” to students (PM: JS/PN)
- We will review and update our wellbeing booklet for clubs and societies (PM: KY)

Provide - the University will address and change if necessary, their provision relating to the mental health of our students

- We will lobby for a review of the current services and support available (PM: GA)
- We will lobby for a change in the overnight visitor policy for students living in managed accommodation (PM: JS)
- We will actively stand against any cuts to related funding, either locally or nationally (PM: LR)
- We will lobby for a free timetable after midday on a Wednesday to allow for the opportunity to engage in extra and co-curricular activities (PM: JS/PN)