

# MENTAL HEALTH CAMPAIGN REP POLICY

Title:	Mental health campaign rep	Date of Group Chat:	20 <sup>th</sup> April
Proposer name:	Izzy Woodcock		
Secunder name:	Robyn Denham		

## Union Notes:

- 1) Mental Health is a major problem that effects a vast number of students nationwide with one in four reporting mental health problem[1] [2]
- 2) There is a communication gap between the wellbeing service and the student union this is because resources are stretched between officers who are all responsible for advocating mental health support on behalf of students. Officers already have many responsibilities which means this approach can lead to gaps in communication. A student who would take part of this responsibility as a mental health rep and be able to dedicate their time to the issue. The restructure of the executive commit of ARU left the responsibilities of a welfare officer to be distributed to all the officers. This would send a message to students that the student Union takes mental health seriously and has an ongoing commitment to working with the university to address it
- 3) Budget is tight on mental wellbeing spending in that ideally it needs a lot more funding to even begin to address the crisis. This means that more innovative ways to address the crisis that doesn't need more funding. [3]
- 4) Many Student unions have a structure in which their officers don't fill a faculty role. Instead these officers fill such roles as Activities officer and Wellbeing officer. Many unions have full time wellbeing officers such as Manchester, east Anglia, Cardiff and Sussex to name a few. [4]

## Sources:

[1]<https://www.mypossibleself.com/blog/four-statistics-uk-student-mental-health-crisis/?fbclid=IwAR1dG1rQaUfNVb9Xf3VyC1kzH9mR9kinCxJg8BQKCg0NLchA5VgE-zn2c8s>

[2] <https://www.theguardian.com/education/2019/mar/05/levels-of-distress-and-illness-among-students-in-uk-alarmingly-high>

[3]<https://www.hepi.ac.uk/2016/09/22/many-universities-need-triple-spending-mental-health-support-urgent-call-action-new-hepi-paper/>

[4] <https://manchesterstudentsunion.com/welfare-officer>

## Union Believes:

1. Currently the mental health and welfare of students warrants a dedicated student and representation on the student union executive to voice and work with ARU.

## Union Resolves:

To create a new part time volunteering role of “Mental health campaign rep” and work towards this in the next year.

**Policy Summary:**

This policy outlines the creation of a new executive position “mental health campaign rep”

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