

# MENTAL HEALTH AND WELLBEING POLICY

Title:	Mental Health and Wellbeing	Date of Group Chat:	21/04/2021
Proposer name:	Emily Long	SID:	VP Science & Engineering
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## Union Notes:

- The Covid-19 pandemic has significantly negatively impacted the mental health and wellbeing of students at ARU
- ARU Students' Union has a current meaningful mental health policy which states "We are here to support students and staff within the university regardless of their gender, race, sexuality or economic situation. Mental health campaigns should have clear outcomes that will directly benefit people rather than just being a promotion of awareness. University committees that relate to student mental health should have vast and diverse student representation on them."
- The Students' Union has now elected a mental health campaign rep for the new role beginning July 2021
- Whilst awareness of mental health is increasing, we still face a world where people with mental health problems frequently face discrimination and challenges getting the help they need.

## Union Believes:

- The Students' Union recognises that mental health is as important as physical health, and that effective mental health support involves not only attending to the needs of those who experience mental health difficulties or distress but protecting and promoting the general mental well-being of everyone within the organisation.
- We are here to support students and staff within the university regardless of their gender, race, sexuality or economic situation. Mental health campaigns should have clear outcomes that will directly benefit people rather than just being a promotion of awareness. University committees that relate to student mental health should have vast and diverse student representation on them.
- The students' union and ARU will not tolerate discrimination, bullying or harassment of anyone who experiences a mental health problem, and will provide support for any student, staff, officers, or volunteers who are affected by this
- We should respect the confidentiality of information relating to any mental health difficulty that may be disclosed by staff or students

## Union Resolves:

- To promote mental health and well-being within all relevant aspects of operation at the union and university
- Continue to push for wider student representation on faculty meetings relating to student wellbeing as mental health can look very different among different individual and liberation groups.
- Continue to be adaptable and flexible following the impact the pandemic has had on staff and students
- Mental Health campaigns run by the union will have clear tangible outcomes that refer to campaign aims
- We will sign post students to relevant support services within ARU such as counselling and wellbeing and the wider community
- To continue to run events and activities under the "lets de-stress" branding to promote positive mental health

**Policy Summary:**

Mental Health and Wellbeing should be an underlying consideration in all Union, Exec and university operations. This Policy outlines stances and achievable aims that promote positive mental health and wellbeing as well as widening representation in wellbeing discussions.

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