

## Policy Number: 2426

Policy Date: 23<sup>rd</sup> January 2020

<b>6E)</b>	Mental Health Toolbox for Councillors
Proposer: Roo Pitt (Undergraduate Faculty Convenor, Arts & Humanities) Seconder: Amelia Trew (Welfare Community and Diversity)	
<b>Council Notes</b> <ol style="list-style-type: none"><li>1. That mental ill-health is prevalent on our campus</li><li>2. There has been little support offered to councillors such as club and society committees, convenors, officers etc... in how to recognise signs of mental ill-health and what to do or where to sign post constituents to when required.</li><li>3. That mental health and wellbeing of students is a key focus of both the Students' Union and UEA.</li></ol>	
<b>Council Believes</b> <ol style="list-style-type: none"><li>1. That every person at UEA should receive appropriate help and support when required.</li><li>2. Supporting councillors to signpost constituents appropriately will have a positive impact on student well-being.</li><li>3. Students are more likely to approach a trusted friend or colleague than university staff to discuss their mental health.</li></ol>	
<b>Council Resolves</b> <ol style="list-style-type: none"><li>1. To run mental health awareness sessions for those councillors and club &amp; society committee members wishing to partake (with particular consideration given to Clubs and Societies Committees). With the view to equipping those councillors with the skills to recognise early warning signs and signpost members</li><li>2. To make the AdviceSU referral form available for all club and society committee members and councillors.</li><li>3. To mandate the Welfare, Community &amp; Diversity Officer, Activities and Opportunities Officer &amp; both Education Officers to approach the University Support Services and AdviceSU to see what other processes and support mechanisms can be put in place to support councillors with signposting and identifying early warning signs of mental ill-health.</li></ol>	