

Title:	Mental Health and Wellbeing	Date of Group Chat:	06/04/2022
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Secunder name:	Maddison Taylor	SID	Mental Health Campaign Rep

## Union Notes:

- ARU Students' Union has had previous mental health policies over the years. 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.
- The Students' Union Mental Health campaign rep role has now existed for a year and should remain a continual role within the union. The Mental Health campaign rep recognises that their role is not to counsel students but signpost students to support services within the university and wider community.

## 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 wellbeing of everyone within the organisation.
- We are here to support students within the university regardless of their gender, race, sexuality or economic situation.
- The Students' Union and ARU will not tolerate discrimination, bullying or harassment of anyone who experiences a mental health problem, and will address this through the appropriate policies and processes.
- We aim to work collaboratively across the university with students, staff, officers, volunteers and Peer Mentors to establish mental health campaigns and promote student wellbeing.

## Union Resolves:

- We are here to support students within the university regardless of their gender, race, sexuality or economic situation.
- To support student representation on university committee meetings and working groups addressing wellbeing provision and to encourage engagement from the diverse representatives of the Executive Committee.
- The Students' Union will support and encourage increased awareness and provision of wellbeing services for students across ARU.
- To promote mental health and wellbeing within all relevant aspects of operation at the union and university.
- We will sign post students to relevant support services within ARU such as counselling and wellbeing and student support services outside of the student community.
- Continue to run activities, campaigns and events that promote mental wellbeing.

**Policy Summary:**

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