

Let's Be Honest Update

We have a first draft of our Let's Actually Be Honest report on the experiences with student mental health at ARU. We're currently reviewing this and formulating our recommendations before the report is made public.

One of our student reps, Kyla, is running a campaign raising awareness of the daily struggles of students suffering mental health difficulties. #DayinTheLifeOf will launch in May and will feature the varied experiences of many different students.

Our Environment and Community Rep (Chelmsford), Thea, will be running a Destress Fest with the Officer Team alongside the summer exam period. We'll be making sure that students know the effects of long term stress and anxiety on their health and encouraging everyone to take care of themselves over the exam period.

The mental health first aid training funded by the SU was a success. We trained 16 reps and committee members in administering mental health first aid and we were given positive feedback about their experience. We've had several requests to fund this training again for more representatives.