

A profile of a person's face, looking towards the right, set against a background of a sunset sky with orange and blue tones. The image is overlaid with numerous horizontal, multi-colored lines in shades of purple, blue, yellow, and red, creating a digital or glitch effect. In the top left corner, there is a white rectangular box containing the word "Brunel" in a white, sans-serif font.

Brunel

# BRUNEL MENTAL HEALTH AND WELLBEING STRATEGY FOR STUDENTS



## Brunel Mental Health and

**We already:**

- Promote wellbeing messages at Open and Applicant days
- Ease the transition into university with Brunel Buddies, which is a peer programme to support new students when they start at Brunel
- Embed positive mental health messages in Welcome Week
- Have staff training available through Staff Development
- Promote campaigns in line with World Mental Health Day (10 October), University Mental Health Day (1 March) and Mental Health Awareness Week (May) in conjunction with the Union of Brunel Students
- Run alcohol and drug awareness campaigns at least twice annually
- Hold wellbeing activities in advance of university exams (January, May and August)
- Provide information to staff about how to respond in cases of concern for a student
- Provide training to staff on how to respond to disclosures of sexual violence

**We aim to:**

- Include positive mental health and wellbeing messages in our marketing literature and online space
- Train all outreach and recruitment staff in mental health and wellbeing awareness to enable positive messages to be included in outreach work
- Create publications and information on 'look after your mental health at University'
- Add information on good mental health and wellbeing into parents' talks at open and applicant days
- Embed a specific wellbeing role into Brunel Buddies to encourage new students to engage with sporting and additional activities at the beginning of their student journey. Additional wellbeing training to be provided specifically to students who are training to be a Brunel Buddy
- Provide online mental health awareness training for all staff
- Define which roles should receive compulsory mental health training
- Create a network of key staff to enable sharing of best practice and regularly refresh training in mental health support
- Ensure personal academic tutors and professional staff are aware of the available resources within the University that promote and support student mental health and wellbeing

## Caring Community

Providing a community that cares about its members means including mental health and wellbeing awareness into all aspects of the university. By considering the impact of all strategic decisions and policy changes, we will create a community that considers potential harm that may be caused and moves toward removing negative barriers before they cause any significant problems.

**We already:**

- Promote initiatives and activities that reduce stigma about mental health and disability
- Run Tutoring@Brunel to embed pastoral support into the academic provision
- Have a Dignity at Study Policy to help anyone who is subjected to bullying or harassment while at Brunel
- Employ highly skilled Security staff who can respond to all incidents all year round
- Have a holistic approach to individual cases of wellbeing

**We aim to:**

- Develop a Mental Health and Wellbeing Strategy for Staff
- Apply for accreditation of ProtectED – a code of practice scheme for Security and Student Wellbeing in Universities
- Improve our IT systems to enable efficient and comprehensive support to all students
- Review relevant university policies and regulations in the university to ensure consideration for mental and physical health is included
- Introduce wellbeing impact assessments into the university committee structure to ensure that all proposals have had due consideration to any wellbeing impact
- Add wellbeing and mental health as a standard item on meetings at all levels throughout the university

## Supportive Community

Brunel University London has a long and successful history of providing responsive and appropriate student support services through a variety of teams and services. Building on this foundation will develop a community where all of its members provide support to each other.

**We already:**

- Provide a variety of support services to our students to respond to their individual needs
- Promote support services to students throughout the academic year
- Provide self-help resources and group sessions to students
- Provide information on external and additional services available in the local community, including specialist organisations
- Have links with local services to promote streamlined referral routes for our students.
- Facilitate peer support groups and schemes
- Provide flexible support to address specific needs of different groups of students
- Deliver a range of programmes to assist students with their transition to Brunel and to the UK; i.e. International Orientation, Headstart

**We aim to:**

- Strengthen referral pathways with third parties to provide a wider variety of services to our students
- Develop links with the local NHS services to enable better referral mechanisms
- Improve relationships with external stakeholders by developing a partnership network between agencies to promote awareness, provide information and reduce stigma
- Run a Suicide-Safer project
- Develop more comprehensive out of hours guidance for staff
- Improve the support available for PostGraduate students (taught and research)
- Develop a Sensory Room to provide a safe space for students that may need it
- Remove barriers to disability disclosure to encourage more students to access support which they may need

## Healthy Community

Building a healthy community which empowers healthy choices will enable our community to work towards a state of complete physical, mental and social wellbeing.

**We already:**

- Embed healthy lifestyle messages into all welcome week information
- Encourage healthy study habits

- Provide free access to physical activities on campus
- Provide healthy food on campus
- Ensure free drinking water is available at all times
- Provide extra-curricular activities through Brunel Arts
- Facilitate sexual health provision through free access to contraception and sexual health testing on campus
- Active referral links to alcohol and drug support in Hillingdon
- Work with the Student Union to run campaigns and to improve services

**We aim to:**

- Deliver sessions to promote self-care and life skills
- Provide mental health and wellbeing messages within each classroom
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