

MENTAL HEALTH STRATEGY – REPORT ON PROGRESS – ACTION 9

Date of report	9 th July 2019
Date of last report	4 th December 2018
Project end date	March 2021
Action Number	9
Action Owner (s)	Katherine Christie
Action Link	Katherine Christie
Action Text	Support the further development of “Think Positive” to ensure consistent support for students across Scotland.

Progress Update from Previous report	RAG
<p>1. More institutions have a Student Mental Health Agreement in place than ever before (31% increase compared to this time last year). The SMHA’s help colleges, universities and Student Associations work together, to improve student mental ill health on campus, whilst improving staff knowledge and tackling stigma and discrimination. NUS Scotland have continued to work with institutions to finalise and promote their Student Mental Health Agreements for 2018-19.</p>	Green
<p>2. Ongoing 1:1 consultancy support for participating institutions has continued, including direct meetings with institutions and Student Associations as well as support via email and skype. In January representatives from eighteen colleges and universities across Scotland attended the Learning, Sharing & Networking event, which highlighted the fantastic work being taken forward by institutions as well as promoting the work of external mental health organisations.</p>	Green
<p>3. The introduction of a variety of new resources for those leading on the SMHA project. This has included a project timeline, which defines eleven key steps all institutions should go through whilst developing their SMHA. A number of student engagement tools have also been developed, making it easier for institutions to get feedback directly from students on the changes they would like to see.</p>	Green
<p>4. An additional staff member has joined the team for one year. This person will take forward the work on the small grant scheme, student mental health conference, building relationships with externals and the project advisory group.</p>	Green

Key Deliverables in next 6 months (include estimated date for each deliverable)	RAG
1. A brief has been developed and put out to tender for Scotland specific research on student mental health and provision of support across further and higher education sectors. Tender applications close on 17 th July 2019 and the research will be completed by the first half of 2020.	
2. During the first half of the academic year 2019/20 the small grant scheme will be introduced. This will offer a maximum of £250 for 10 institutions taking part in the SMHA project. This will give institutions the opportunity to initially get an activity/campaign/idea off the ground and trial its success.	
3. After an institutions survey identified that a number of learning and teaching methods impacted on students mental wellbeing, Think Positive has been working with SPARQS to explore this further. This could include elements such as curriculum design and delivery, assessment and work-life balance. Feedback has been gathered during three workshops, with two more still to take place. This work is still in development but the findings are likely to shape future working areas on embedding mental health in the curriculum within Student Mental Health Agreements.	

What does success look like?

1. All colleges and universities in Scotland have a Student Mental Health Agreement/policy in place.
2. Improved understanding around student mental health and wellbeing support needs.
3. Funding for student mental health and wellbeing is mainstreamed into structural funding.

What data (if any) can evidence delivery?

1. The large increase in participating institutions this year demonstrates the projects effectiveness and reflects the sector confidence in the project and its aims.
2. Attendee feedback from the Learning, Sharing & Networking event showed that:
 - 95% of respondents confirming that their knowledge had improved by attending the event.
 - Attendees feedback was overwhelmingly positive for the wide variety of topics covered as well as the opportunity to participate in more interactive workshops
 - The event scored an average satisfaction rating of 4.2 out of 5.
3. South Lanarkshire College feedback: *“By introducing a Student Mental Health Agreement, it has helped highlight the support available to all students in attendance at the College. It*

has been an incredibly positive exercise for both South Lanarkshire College and the SLC Student Association.”

Any other comments

NUS Scotland would like to thank the Scottish Government for their help and support for the Think Positive project and the commitment towards funding for the next 3 years.