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# STUDENT MENTAL HEALTH AGREEMENT 2024-2029

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Signed on behalf of City of Glasgow College,  
Principal & CEO Paul Little

Signed on behalf of Student President

# INTRODUCTION

The first iteration of the Student Mental Health Agreement (SMHA) was launched in 2019 by CitySA, in collaboration with City of Glasgow College. Since then, the educational landscape and student experience have transformed significantly, leading to evolving student needs. Despite the unprecedented challenges we've faced as a college, our students and staff have consistently demonstrated remarkable resilience.

In this new iteration, the SMHA has adopted a streamlined five-year plan centered around the question, "What does good student mental health look like at City?". The plan focuses on three themes: Resilient, Included, and Supported. These themes aim to define what a content and well-supported student looks like and outline how our college will help students achieve this. To enhance visibility and ensure alignment with the needs of our students and staff, the Students' Association has collaborated closely with faculty, support staff, and students in developing this agreement.

Moving forward, we remain dedicated to placing our students' mental health and emotional well-being at the center of the agreement. We strive to create an inclusive and respectful learning environment that actively works to combat the stigma surrounding mental health.

This document will solidify the partnership between the college and our Students' Association.

# PURPOSE

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The purpose of the Student Mental Health Agreement is to support the college community with celebrating best practice and developing innovative new approaches to improving student mental health.

This is with the understanding that the existing core essential services are sustained throughout the agreement period. This includes but is not limited to:

- Student counselling and advisory services
- Staff counselling and wellbeing services
- Academic Guidance support
- Access to wellbeing activities through college (eg Sports Clubs)
- Staff training opportunities

For information about the existing services available for staff and students please see below

myconnect

citylife







# THEMES

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Through collaborative efforts, three overarching themes emerged. These themes are intended to be a reflection of what a content and well student would look like with an outline of how our college will support them to achieve this.

**INCLUDED** - It is important for students to feel included because it fosters a supportive and engaging learning environment, which enhances their academic success and overall well-being.

**SUPPORTED** - It is important for students to feel supported because it boosts their confidence and resilience, enabling them to overcome challenges and achieve their full potential.

**RESILIENT** - It is important for students to feel resilient because it equips them with the ability to adapt to adversity and persist in their academic and personal goals.





# INCLUDED

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Our students will have the chance to feel included by connecting with others and build a sense of community.

The college will encourage the development of communities and celebrate their achievements.

This could look like:

- Existing and new societies
- Group activity opportunities
- Awareness Raising Campaigns
- Events on campus



**INCLUDED**



# SUPPORTED

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Our students y will have access to a wide range of support services, which will support them to overcome barriers to achieving their full potential.

The college will adapt to student needs by resourcing relevant services and inviting recommendations from staff and students.

This could look like:

- Mental health support embedded into college induction/curriculum
- Effective use of guidance sessions for student pools
- Peer support systems
- Knowledge of mental health support in and out with college



SUPPORTED

# RESILIENT

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Our students will have the opportunity to develop the skills that they need to succeed throughout their learner journey.

The college will provide time, space and guidance for students to explore and practice these skills.

This could look like:

- Skills building training for staff and students e.g. mental health awareness
- Wellbeing workshops for staff and students
- Prevention resources e.g. self help tools



RESILIENT

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# HOW WOULD THE STUDENT MENTAL HEALTH AGREEMENT WORK?

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## FOR STUDENTS

Students will have the opportunity to submit pieces of work that they wish to see developed over the course of an academic year. These projects will have to relate to an area of the Student Mental Health Agreement.

For example, a student may develop a project based on the theme Included. Their project may involve creating new sports opportunities for students who do not normally take part in sport. Another example could include that a student has developed a project based on the theme resilient. Their project may involve developing a peer support system within the college.

## FOR STAFF

There will be an established steering group reflecting on the agreed themes of the SMHA. This will then be reported to the Student Academic Experience Committee (SAEC). This committee will identify the terms of reference for this Steering Group.

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# THE PROCESS FOR THE STEERING GROUP WILL BE AS FOLLOWS:

**INVITE IDEAS** - Students and staff will be invited to submit ideas for pieces of work

**AGREE PROJECTS** - Projects will be agreed by the Steering Group based on a suitability / criteria

**IMPLEMENT PROJECTS** - Projects will run over the course of the year with regular check ins from the steering group

**REFLECT AND EVALUATE** - Project Leads will be asked to reflect on their experience and evaluate the effectiveness of their project

**SHARE BEST PRACTICE** - Learning from these projects will be shared with the Steering Group and wider staff and student population. developing a peer support system within the college.

**INVITE IDEAS**

**AGREE PROJECTS**

**IMPLEMENT PROJECTS**

**REFLECT AND EVALUATE**

**SHARE BEST PRACTICE**

Thank you to all the students and staff who contributed to the development of this Student Mental Health Agreement.

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Follow our progress:

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 City of Glasgow College Students' Association

 [www.citysa.co.uk](http://www.citysa.co.uk)

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City of Glasgow College  
Students' Association

City Campus - Level 2  
190 Cathedral Street  
G4 0RF

City of Glasgow College  
Students' Association

Riverside Campus - Ground Floor  
21 Thistle Street  
G5 9XB

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**CITY** OF GLASGOW  
COLLEGE

**CITY**<sup>\*</sup>sa)  
students' association