



## **Mental Health Policy**

### **This Union believes;**

That Mental health is something that we all possess but at times we as individuals can experience mental health problems.

That students can experience mental health problems before, during and after they have left the University

That Mental health problems are a serious issue and is something that could affect any of the membership

That cases of mental health issues reported to the Unions Advice and Representation Centre (ARC) is likely to rise in the future owing to the amount of debt that students are facing during their time at the University.

### **This Union Notes;**

Students with mental health issues need support throughout their time at University and this should be provided by the Union and the University counselling department and disability support as well as any outside bodies/organisations

That mental health problems can lead towards students self harming, attempting suicide.

That mental health can affect 1 in 4 people during a year<sup>1</sup>

That mental health problem can occur on many levels and are not exclusive to bipolar disorder (Manic depression) or Schizophrenia. Mental health problems can incorporate anxiety, reaction to bereavement, and reaction to bullying, eating disorders, self-harm, stress and suicide

Good mental health is achieved by having a basic sense of self worth and ways with coping with life<sup>2</sup>

### **This Union Resolves;**

To support Students with mental health issues through the advice and representation centre.

To direct members in how best to talk about their issues e.g. University counselling, mental health officer, ARC or an outside organisation

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<sup>1</sup> Figure Taken from [www.readthesigns.org](http://www.readthesigns.org) a leading mental health awareness campaign site

<sup>2</sup> Taken from [www.readthesigns.org](http://www.readthesigns.org)

To support mental health campaigns such as mind out for mental health, read the signs, rethink, and mental health campaigns from the local health authorities.

To also support other specific mental health campaigns if and when appropriate.

To consider the implications of actions that the union takes and whether this is considered appropriate towards students with mental health issues.