



2023 - 25

Student Mental Health Agreement

Introduction

Glasgow Kelvin College and the GKC Student Association (SA) are committed to working collaboratively to help and support all students to develop resilience and positive mental health.

This approach in 2021/22 established a Student Mental Health Agreement (SMHA) which has allowed us to target areas where, as a college and SA, we have observed support is required to meet our commitments to, and requirements of, our students.

The landscape within colleges has altered in recent years, as it has done in the wider

society due to several factors. These changes have made a material difference to our students through the type and level of support they require. Mental health condition disclosure numbers continue to increase year-on-year by students prior to the academic year commencing. We have also seen an increased level of in-year referrals for mental health support.

Our goal is to work together to tackle the stigma of mental health and develop a culture of positive mental health and wellbeing throughout our college. The College recognises that our students' mental health and wellbeing is linked to [educational success](#).

College Duty of Care

The College has a statutory duty of care, to provide a safe and supportive environment for all. However, it is also important to recognise where the limits and professional boundaries of Glasgow Kelvin College might lie.

The Student Association acknowledge the commitment of the College to provide appropriate mental health support in a non-judgemental and discreet setting, within the limits of available resources.

As an education provider, the College has a duty to make reasonable adjustments if students have made staff aware of mental health issues. The adjustments are agreed between the student and the College. Any adjustment made is based on the need of the individual following a needs assessment and although not exhaustive, may include:

- Adjustment to the physical environment, including changes to the study area, introduction of a quiet area/reflection room.
- Change to communication methods.
- Change to assessment methods.
- Extension to assignments.
- Change to examination conditions, as agreed with the examining body.
- Offering temporary time out / suspension of studies.



Calum Campbell
President:
Welfare, Community &
Sustainability



Sonique Noreiga
President:
Learning & Teaching

Our commitments - snapshot

1 College mental health campaigns	2 Promotion of the benefits of good Mental Health and Wellbeing	3 Student Association Mental Health and Wellbeing training
4 Increase all staffs Mental Health and Wellbeing knowledge	5 Develop networks with agencies and community organisations	6 Focus on student Mental Health and Wellbeing support mechanisms
7 Campaign to support Counselling & Wellbeing role funding	8 Joint working with Active Campus Co-ordinator	9 Targeted wellbeing workshops for students

Our commitments

Run college wide campaigns that promotes positive mental health.

We will achieve this by:

- 1) *Supporting a minimum of 3 mental health and wellbeing campaigns annually.*
- 2) *Ensuring that mental health and wellbeing has been considered and/or has a presence at all college events.*
- 3) *Promoting and raising awareness of internal college support, particularly through the Advice, Guidance & Learner Support department.*

We will know we have achieved this when:

- 1) *There are increased numbers attending, connecting, and interacting with college/national campaigns.*
- 2) *There is an increased number of students accessing support services.*
- 3) *Students respond positively when responding to questions within the annual Student Satisfaction and Engagement Survey that 'Student Support Services met my needs e.g. awareness and/or access of available services, counselling etc.)*

Why have we made this commitment:

It was shown through [research by think positive](#), that students are most likely to have concerns about mental health at the start of their studies. 72% of the students cited their first year as being the most critical in relation to mental health and wellbeing.

We believe by promoting positive mental health early and throughout the year, we will have a positive impact on student mental health and wellbeing.

Increase awareness of the benefits of positive mental health, good wellbeing and the contribution it can make to student success.

We will achieve this by:

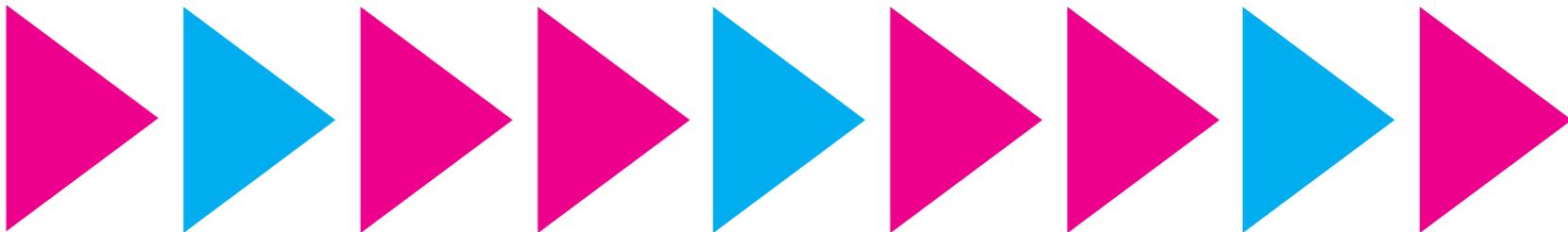
- 1) Having a visual presence at student events such as Freshers, whilst promoting internal wellbeing workshops, as well as workshops, events and activities from external partners and specialists.*
- 2) Promoting benefits through student stories within internal student communication lines (e.g. Student Support Services newsletter).*
- 3) Developing various clubs through the SA with a wellbeing benefit coming from them all. E.g. walking group.*

We will know we have achieved this when:

- 1) We have an increased number of students attending wellbeing workshops and accessing internal college support.*
- 2) We receive feedback from students through questionnaires and from face-2-face meetings with staff (particularly Advice, Guidance & Learner Support staff).*
- 3) We see new SA clubs form, be attended, and thrive. We may also see increase in [student support referrals](#) as a result of these clubs and discussions within (e.g. walking group)*

Why have we made this commitment:

Feedback through the Student Association (Class Reps and Executive Team) as well as through support staff meetings with students has informed us that not only continuing the current college approach but increasing the volume and varying the methods of promotion will help towards the goal of student success.



Support the delivery of mental health awareness training to the Student Association Executive Team.

We will achieve this by:

- 1) *Organising mental health awareness training for the GKC Student Association Executive Team.*
- 2) *Ensuring mental health awareness training is at the forefront of Student Association Executive Team training.*

We will know we have achieved this when:

- 1) *100% of our Student Executive Team have completed the training.*
- 2) *The Executive Team's confidence and knowledge has increased leading to a more efficient and higher volume of Student Association referrals to the relevant support.*

Why have we made this commitment:

Awareness of mental health and wellbeing is vital to our Student Association. This awareness training will ensure they are equipped with the basic understanding of issues facing the wider student cohort and where support can be sought both internally and externally.



Continuing to improve the knowledge and confidence of mental health and wellbeing strategies and support to all staff, including trauma informed practice.

We will achieve this by:

- 1) Delivering wellbeing and resilience presentations to all staff, highlighting purpose, strategy, and information to support our students each academic year.*
- 2) Having a strong range of mental health & wellbeing training at our college CPD training days.*

We will know we have achieved this when:

- 1) We receive feedback from staff relating to their knowledge and skills increasing and confidence in assisting and referring students to support.*
- 2) We see increased numbers of staff attending mental health and wellbeing training sessions.*

Why have we made this commitment:

Having all staff aware of their roles and of the process and strategies in place throughout the college to support students, will make recognising problems and trauma, as well as implementing support, quicker and more efficient.



Develop networks with other agencies and community organisations which support mental health improvement and wellbeing.

We will achieve this by:

- 1) Working with organisations who can deliver workshops, presentations and information relating to mental health & wellbeing to both staff and students.*
- 2) Working with organisations to create partnerships and referral links used to support students in need.*
- 3) We will continue to promote Glasgow Kelvin's mental health support offer through the Think Positive Hub.*

We will know we have achieved this when:

- 1) Have delivered a [range of workshops](#) and presentations providing information, links and referral opportunities,*
- 2) We continue to expand and update our [wellbeing toolbox](#) on our MyKelvin student app.*

Why have we made this commitment:

Increasing our partnerships with external agencies has, and will continue to, impact positively the support available to our students. Specialised knowledge provided by these partners is vital to ensure students can access the required support which will help their mental health and wellbeing. Through these partnerships, college staff will also be able to feel more confident and supported within their roles to support our students.



Review, support and promote the further development of mental health support mechanisms available for students.

We will achieve this by:

- 1) Continuing to promote the support available from the Advice, Guidance & Learner Support department teams. This includes Advice & Guidance, Learner Support, Wellbeing Services and Counselling Services.
- 2) Continuing to expand and update our [wellbeing toolbox](#) on our MyKelvin student app.

We will know we have achieved this when:

- 1) Our referral numbers increase.
- 2) Through data analysis we can determine whether the support given has had a positive impact to student retention and outcomes.
- 3) We see an increase usage of our wellbeing toolbox on MyKelvin.

Why have we made this commitment:

Data has shown that referrals to college support services have increased. This has helped the college retention rates which in turn will increase the chances of student success at an individual and college wide level. As shown in the Mental Health Foundation [Thriving Learners report](#) “the general health of college students is noticeably lower than the Scottish overall population figure...”



Campaigning for extended funding of wellbeing and counselling roles.

We will achieve this by:

- 1) *Highlighting and campaigning the positive effect of having these roles and teams available internally in college.*

We will know we have achieved this when:

- 1) *Counselling and Wellbeing roles in the college are made permanent and become wholly part of the future student support services.*

Why have we made this commitment:

Since the introduction of the college Counselling Service and Wellbeing Service, referrals have increased each year. This clearly evidences the need for these services to remain to support students who may otherwise be on long waiting lists and/or costly external support.

Students have shared during support meetings that the uncertainty around these support roles continuing can have a detrimental impact on their mental health, as they are not sure if the support will always be available.



Work with the college Active Campus co-ordinator to promote health and fitness alongside wellbeing.

We will achieve this by:

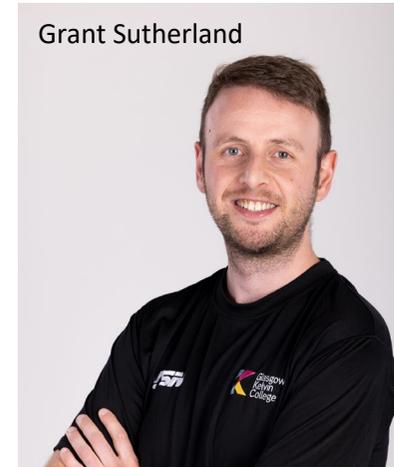
- 1) *Being active contributors to the college Active Campus Steering Group.*
- 2) *Promoting activities and opportunities through the Active Campus Co-ordinator.*
- 3) *Developing and delivering a Wellbeing & Exercise student workshop.*

We will know we have achieved this when:

- 1) *Numbers of students participating in or developing groups increases.*
- 2) *Flow of [referrals to support services](#) via students attending active campus group activities increases.*
- 3) *Monitoring student feedback from the wellbeing & exercise workshops.*

Why have we made this commitment:

There is a well-known connection between physical and mental health and wellbeing. By working closely with the Active Campus Co-ordinator, we aim to increase participation in physical activities, wellbeing events and creating a social connection amongst students.



Grant Sutherland

Active Campus Co-ordinator

Develop and deliver a wide range of *wellbeing workshops* targeting student issues/trends.

We will achieve this by:

- 1) The Wellbeing Officer, Student Association and Active Campus Co-ordinator liaising to ensure workshop topics are relevant, required and at the right level for our students.*
- 2) Promote workshops through a variety of mediums to ensure inclusiveness, and opportunity for all to attend.*

We will know we have achieved this when: Why have we made this commitment:

- 1) The numbers attending workshops increase and positive feedback is given relating to the success of the workshops by students.*
- 2) Our students have an increased level of knowledge and confidence relating to workshops they have attended, allowing them to self-support as well as feel comfortable referring to college support services.*

We have numerous students facing issues relating to similar topics. By delivering workshops to groups we can target these issues and support and empower self-help for students. Additionally, some students have provided feedback to the Wellbeing Officer that they prefer group workshops to gain insight into issues instead of only one to one support.



Our commitments have been identified and agreed by The GKC Student Association and college support staff following student feedback, Student Association knowledge and reviewing student referral topics, as well as through research conducted by different external organisations, including Think Positive.

This Student Mental Health Agreement will be live until the next update in August 2025.

Signed by Student Association  _____

Signed by college rep/principle  _____





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