

## **Mental Health**

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### **This Union Notes:**

1. 1 in 4 people, including students will experience mental health difficulties during the course of their lifetime<sup>1</sup>.
2. There is currently no official university mental health policy.
3. The University now has a full-time mental health co-ordinator situated in the Dean of Students Office.
4. The Welfare Officer has established a mental well-being group and has held mental well-being days in conjunction with Mind, the mental health charity.

### **This Union Believes:**

1. That having an official mental health policy is important for both students and staff.
2. It is the universities responsibility to ensure that this is created and implemented.
3. The Students' Union should be committed to ensuring that it continues to campaign and raise awareness on mental health issues, working closely with the mental health co-ordinator.

### **This Union Resolves:**

1. To continue to campaign and raise awareness about mental health issues, and to be an advocate for and voice students' concerns and needs in this area.
2. To work alongside the mental health co-ordinator to ensure that the policy is put in place.
3. To ensure that the necessary pressure is put upon the university to improve upon services, and to amend the policy, if and when the need arises.
4. To work with organisations in Norwich to provide low level support for students, and to ensure that the mental health policy is adhered to and is kept in line with the students' needs and welfare.

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<sup>1</sup> <http://www.mind.org.uk/About+Mind/>

5. To mandate the Welfare Officer to continue to work with the mental well-being group and mental health co-ordinator.