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Regional Board Report

BORDERS COLLEGE REGIONAL BOARD

Subject: Student Mental Health Agreement	**Purpose:** **For Approval** ☒ **For Discussion** ☐ **For Information** ☒
Prepared by: BCSA	**Date of Committee: Thursday 9th March**

Purpose: To inform the Regional Board of Management of the Student Mental Health Agreement

Executive Summary:

The student Mental Health Agreement is our joint commitment to promoting wellbeing and raise awareness of mental health challenges relevant to students.

We will do this by:
Developing and implementing ongoing campaigns to promote wellbeing and raise awareness of mental health challenges relevant to students.

Providing training opportunities to enhance the capacity of staff and student representatives to identify and support students who are experiencing mental ill-health.

Focusing on preventative aspects of mental health and wellbeing to raise overall awareness of mental health issues and help students self-manage their mental health.

Key items:

Questions that Members should ask themselves when reading the paper:

Linked to Strategic Ambition(s):
Proactively engage with our community and stakeholders to ensure our practice reflects their needs

Take a leading role in enabling an inclusive, resilient and sustainable Scotland

Performance Measures:
Student Outcomes in top quartile of national colleges

Engaged & empowered staff and student body

Linked to Strategic Risk Register:

1c - Learners Needs Choose an item.	
Recommendation:	
Previous Committee Approvals:	
For publication ☒	**Not for publication** ☐ **If not, why not?**

Borders College Student Mental Health Agreement 2022-24

1. **We will develop and implement ongoing campaigns to promote wellbeing and raise awareness of mental health challenges relevant to students.**

   These events and activities will encourage students to engage in open dialogue about mental health, access support services and learn about the benefits of mental health self-management. Events will be coordinated by the Students' Association in partnership with the college where participation from students and staff is expected. This will work towards a college environment of understanding, support and acceptance.

   Actions to be taken:
   - Complete a mapping exercise to identify key issues faced by students throughout the year
   - Contact organisations and individuals who are able to support activity identified through mapping exercise
   - Develop and implement proposed activities
   - Liaise with Mental Health Wellbeing Officer to provide additional support for the development and delivery of activities

2. **Provide training opportunities to enhance the capacity of staff and student representatives to identify and support students who are experiencing mental ill-health.**

   Training will aid the development of a consistent approach to providing mental health support, ensuring that all students have positive experiences when making disclosures to staff.

   Actions to be taken:
   - Online mental health modules to be made available to all staff within the suite of Engage induction modules
   - Make Scottish Mental Health First Aid Training available to all staff.
   - Organise Scottish Mental Health First Aid Training for Wellbeing Class Representatives.
   - Develop policy to provide guidance for staff supporting transgender and gender diverse students

3. **Focus on preventative aspects of mental health and wellbeing to raise overall awareness of mental health issues and help students self-manage their mental health.**

   By creating opportunities for students to access information, skills and techniques that can prevent or alleviate the impact of mental ill-health we aim to build a more resilient and independent student community.

   Actions to be taken:

   - Ensure a range of wellbeing support options are accessible to students on the student portal
   - Recruitment of Mental Health Wellbeing Officer with responsibility to develop and implement activities to support improved mental health and wellbeing
   - Promote the Big White Wall as a self-help resource for students
   - Develop a student mental health forum to drive improvements in local mental health support

S Prentice

Sally Prentice
Student President

Peter Smith
Principal & CEO