

## 2021 MENTAL HEALTH STRATEGY

Version Date: 1 July 2021

Next Review by: 30 June 2022

Responsibility: People and Culture Committee



The University of Divinity Mental Health Strategy aims to support staff and student mental health across the University and its Colleges. It is designed to align with the University's collegiate structure, and to take account of the age diversity of the University's student body which is predominantly comprised of mature age students.

The Mental Health Strategy operates across four activity areas in the ALAS framework:

1. Awareness: Raise awareness and promote attention to mental health for staff and students
2. Literacy: Provide training in mental health literacy for academic and general staff
3. Access: Ensure all staff and students have access to mental health support
4. Service: Produce graduates who are equipped to improve mental health outcomes in the wider community

### 1. Awareness

	<i>Action</i>	<i>Responsibility</i>
1.1	Policies and procedures are accessible and promote inclusivity	Academic Board
1.2	Staff and student enews and news website features mental health content quarterly	Operations Manager
1.3	Annual review of this policy	People & Culture Committee

### 2. Literacy

	<i>Action</i>	<i>Responsibility</i>
2.1	Mental health training supplied to all HDR supervisors	School of Graduate Research
2.2	Mental health training offered to all academic and general staff	University Executive
2.3	Mental health program supplied to all University employees	Health & Safety Committee

### 3. Access

	<i>Action</i>	<i>Responsibility</i>
3.1	Each College has a student mental health action plan including early intervention, critical incident management and referral to mental health services	University Executive
3.2	Employee Assistance Program available and promoted to staff across all parts of the University	University Executive

### 4. Service

	<i>Action</i>	<i>Responsibility</i>
4.1	Counselling awards deliver graduates equipped to improve mental health outcomes in the wider community	Academic Board – Counselling
4.2	Awards in pastoral and spiritual care include mental health literacy in graduates	Academic Board – Pastoral and Spiritual Care
4.3	Students preparing for religious ministry and leadership receive training in mental health literacy	University Executive