

**WSU Policy Number:** To be filled in by the SU (when passed)

**Policy Proposal:** Mandatory Mental Health Training

<b>Proposing Student's Name:</b>	<b>Josh Bowman</b>
<b>Student Number:</b>	<b>20009076</b>
<b>Seconding Student's Name:</b>	
<b>Student Number:</b>	
<b>Facts: What is the issue you're trying to address? What do we already know about this issue?</b>	
<ul style="list-style-type: none"> <li>• 37% of students in the UK are facing mental health problems, such as depression and anxiety. With this number potentially higher with student suffering in silence</li> <li>• The University has a range of resources to support students in their studies, but lack of targeting for students.</li> <li>• Students don't know where to get these resources when they need them most.</li> <li>• The University does not have a mental health policy, meaning mental health is not mandated to be a central consideration of university staff and students.</li> </ul>	
<b>Impacts: How does this issue affect students, and in what way? Is it negative?</b>	
<ul style="list-style-type: none"> <li>• Students may experience lower motivation and engagement</li> <li>• Students may experience suicidal thoughts</li> <li>• Students may experience heightened levels of depression and anxiety around assessment periods.</li> </ul>	
<b>Reacts: What would you like the Students' Union to do to address the issue? How do we need to take it forward?</b>	
<ul style="list-style-type: none"> <li>• The student union should lobby the University to create a mental health policy, independent of alternative health and wellbeing policies. To ensure there is specific criteria, standards and expectations for all staff and students.</li> <li>• Signposting mental health training for staff members should be improved, to ensure university staff understand the training opportunities that are on offer and how these impact students.</li> <li>• Staff members should not aim to work through mental health issues, instead signposting students to appropriate resources.</li> </ul>	

- Guidance and current information should be made available to staff members, to ensure knowledge is up to date and relevant.
- Advertising material, emails and a portion of contact time should be made available to staff members to ensure students are aware of this campaign and the universities renewed efforts to tackle the mental health crisis.
- Consistent reminders and notices should be provided to students at the beginning of the academic year to ensure all year groups are aware of the resources available.

**Resource - [https://www.hw.ac.uk/documents/mental\\_health\\_policy.pdf](https://www.hw.ac.uk/documents/mental_health_policy.pdf)**

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