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Student Council Motion: **SU Time to Change**

Proposer: **Zac Pritchard**

Seconded:

Date:

**Student Council Notes:**

1. There are employees of our students union that suffer from Mental Health issues/conditions.
2. The Students Union can be an active aspect of the community to address Mental Health inequality at work.
3. There are cuts to Mental Health services and this may have an impact on employees of the students union.

**Student Council Believes:**

1. Students and staff at our students union should play an active role in reducing stigma of Mental Health issues
2. After the students union signs the “Time to Change” pledge [to actively reduce stigma in the work place and reduce stress factors for employees]; the union should campaign for the University to sign the pledge.

**Student Council Resolves:**

1. The students union should continue:
   1. In induction ensure staff know how they can gain help eg counselling
   2. Promote a work life balance
   3. Clear communication – up to date staff handbooks, clear idea of the organisation’s approach. Employees should be clear on their responsibilities to not discriminate.
   4. Supporting staff in returning to work
   5. Encouraging non-alcoholic events
2. Run a programme of events called SOS (Stressed Out Students) around exam/essay big deadlines to encourage students to take time out of revision. Promoting ways to stay healthy, while doing exams, and when students are possibly more likely emotionally off load onto our unions staff.

Signed by Proposer Signed by Seconder