

**Draft UEA Action Plan for Time to Change – Mental Health Initiative - 11<sup>th</sup> Dec 2014**

**A. Internal communications**

- A1 Promote mental and physical wellbeing campaigns in partnership with the Sportspark
- A2 Promote the various yoga, meditation and mindfulness groups in the Sainsbury's Centre, Sportspark and Staff Association etc.
- A3 Investigate the pattern of take up of mental health services to inform targeting of particular proactive measures
- A4 Target proactive support and promotion at areas with disproportionate numbers of students with difficulties

**B. Promotion of local mental health services**

- B1 Jointly scope the range of local support services available (DOS)
- B2 UEA (DOS) and SU to liaise on joint signposting of local mental health support services, including services aimed at minority groups (e.g. Black Mental Health UK)

**C. Training for staff**

- C1 Ensure through the review of the advising system that academic staff are aware of training on mental health and the training is actively promoted to academic advisers
- C2 Maintain the high-quality staff training in mental health matters

**D. Events promoting well-being**

- D1 Run an annual programme of well-being awareness events in partnership between DOS and the Students Union (Stephan Messenger in DOS, and Louise in the SU).
- D2 UEA to promote Living Library events
- D3 Develop an approach for encouraging awareness of, and access to, mental health services among international students (DOS with the SU International Officer)
- D4 UEA to produce a press release to coincide with Time to Change day (5<sup>th</sup> February 2015) to launch the UEA action plan