

MENTAL HEALTH AND WELLBEING CHARTER

We recognise that our college has a responsibility to create an environment that promotes student and staff wellbeing and that proactively supports student and staff mental health.

As a college, we will

- Provide a free, confidential counselling service to all students, available at all of our campuses
 - Ensure that wellbeing and mental health work is led by a senior manager supported by a member of staff with particular responsibility for mental health
 - Create an open and inclusive college ethos which includes respect for those with mental ill health
 - Promote equality of opportunity and challenge mental health stigma through curriculum teaching and also promote wellbeing through tutorial programmes
 - Provide appropriate mental health training for staff to recognise early signs of mental ill health and encourage early intervention
 - Ensure a consistent and positive approach to staff wellbeing
- Encourage and collect student views on mental health and wellbeing through the student council and other student voice mechanisms
 - Collect staff views on mental health and wellbeing through the employee wellbeing committee and staff surveys
 - Provide targeted individual mental health support where appropriate or alternatively signpost to external support services
 - Provide relevant information to parents and carers
 - Establish effective links with local health and voluntary sector mental health groups
 - Promote the benefit that physical activity and sport has on mental wellbeing.