

# POLICY DOCUMENT

**PROPOSER: Abdullah Okud**  
**SUBJECT: Mental Health: Mind Your Head Campaign**  
**APPROVAL DATE: 22/01/2019**  
**RENEWAL DATE: 21/01/2022**  
**CONTACT: Students Union President**

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## **SHEFFIELD HALLAM STUDENTS' UNION NOTES: [A List of facts that are relevant to the policy itself]**

1. 72% of Hallam students felt stressed whilst being at university, this included being worried about performing well in their studies; exams, ICTAs, coursework. 66% stressed about keeping up with their studies and 56% with their finances and managing their finances. <sup>[1]</sup>
2. Students from Hallam that have responded (to the survey done alongside Alter line in 2018) on their experience of having Mental health problems showed that only half of the respondents have been diagnosed and two percent of respondents have disclosed their mental health condition to the Students' Union. <sup>[1]</sup>
3. A large percentage of Hallam Students who filled out the survey had experienced problems with their mental health on a day to day basis, and that got worse since they have started University. <sup>[1]</sup>
4. According to Higher Education Statistics Agency, the number of Students that have disclosed their mental health conditions have doubled between 2012 and 2015 to nearly 45,000. <sup>[2]</sup>
5. 2,050 students that have disclosed their mental health problems have dropped out of university in 2015. <sup>[3]</sup>
6. The number of Students suicide, that were in full time studies in England and wales have risen from 75 in 2007 to 134 in 2015. <sup>[3]</sup>
7. The transition to university can be a difficult for young people, especially when living away from home. One in five 16 to 24 years' olds experience depression and anxiety. <sup>[3]</sup>
8. 50% of mental health problems are founded by the age of 14, and 75% by the age of 24. This includes periods of anxiety, mood, personality, psychotic, eating, and substance use disorders peak in adolescence and early adulthood. <sup>[3]</sup>
9. A report done in 2016 by Unite Students' indicated that students scored lower than the total UK Population on wellbeing measures, including life satisfaction, life worthwhile, happiness, low anxiety approximately up to 22%. <sup>[3]</sup>

## **SHEFFIELD HALLAM STUDENTS' UNION BELIEVES: [A list of opinions, which you believe but are subjective]**

- 1) Sheffield Hallam University doesn't have adequate support and representation for Hallam Students especially our student from specific groups like BAME, LGBT+, Women and Disabled.
- 2) Waiting time at Sheffield Hallam University is increasingly worrying where students are having to wait up to 6 months to receive help with their mental health.
- 3) The University does not provide clear short term and long term strategies that will aid our current Students Wellbeing and future students at Hallam.
- 4) Sheffield Hallam Students Union doesn't have clear agenda and Strategy in lobbying the university justly to represent and voice Hallam Students.
- 5) Students Union Officers and Representatives don't receive adequate support with their wellbeing and their responsibility alongside their wellbeing is vital.

**SHEFFIELD HALLAM STUDENTS' UNION RESOLVES: [A list of actions to take place to resolve the issues of the policy]**

- 1) For Sheffield Hallam Students Union to campaign on mental health via the Mind Your Head Campaign consistently throughout the academic year.
- 2) Online campaign: Using Student stories to portray that "it's okay not to be okay", push and provide city wide wellbeing services that is available on Hallam social media channels,
- 3) On Campus Campaigning: Pushing the university for better services and providing adequate and affective recommendations to the university, alongside the elected representatives. Speaking and running focus groups, to hear students concerns on their wellbeing and mental health.
- 4) Lobby for University to provide accessible spaces, where it's quiet and space for Students to think.
- 5) To lobby the university for better wellbeing services and provide mental health support for Sheffield Hallam Students, including advertising their services so Students are aware.
- 6) Supporting Electing Officers and representatives and ensure reliable mental health support and mentoring is provided throughout the year (July to July).
- 7) To set out a Strategy on Mental Health that caters for Hallam liberation and marginalised groups: BAME, LGBT+, Women and Disable, estranged students.
- 8) Lobby the University for full time councilors that represent our Students from liberation groups including BAME and LGBT+ Students.
- 9) Lobby the university wellbeing team to have training on cultures and faith, to understand students wellbeing more effectively.
- 10) Lobby the university on recognising workload, deadlines, exams and make sure that students are aware of the support that is available.
- 11) Providing support for candidates running in the elections and contacting their tutors for extenuating circumstances.

**References:**

[1] 'Being Well, Doing Well' Student Mental Health, Sheffield Hallam University, Liz Chitwood

[2] Higher Education Statistics Agency

[3] Retrieved from <https://www.universitiesuk.ac.uk/policy-and-analysis/reports/Documents/2018/minding-our-future-starting-conversation-student-mental-health.pdf>

