

Student Mental Health Agreement

2025-2027



South
Lanarkshire
College

East Kilbride





One College.
One Community.
Focused on you.

Contents

Overview.....4

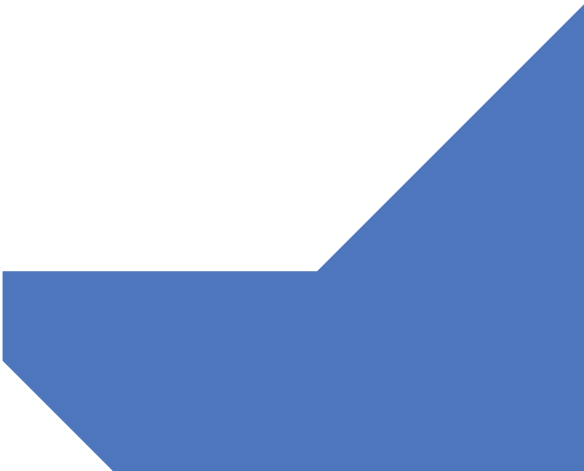
Commitment.....5

Mental Health and Wellbeing Initiatives.....6

1. Supporting Student Financial Wellbeing..6

2. Regular Social Activities and Events.....8

3. Supporting Men’s Mental Health..... 10



Overview

Supporting student mental health remains a key priority for South Lanarkshire College. As highlighted in our recently launched Strategy 2030, the student experience is integral to our work and part of this is to 'provide integrated support services that advance equity, safeguard wellbeing, and remove barriers to success'. Our commitment to working in partnership with the SLC Student Association (SLCSA) to create a new Student Mental Health Agreement is testament to this focus.

Our current Student Mental Health Agreement (SMHA) will closely reflect previous years as we believe the priorities of tackling student poverty, creating peer support through safe spaces and supporting men's mental health remains as vitally important now as they have in previous years. This outlook is supported by evidence from a recent in-house student mental health survey where we asked students what they think we do well, what we could do better, and any suggestions students might have. The themes of this survey will be reflected in this document but overall, the feedback overwhelmingly requested that the College and SLCSA continue providing the support already in place and where possible expand on more peer support activities.

This document will outline the activities and initiatives taking place at South Lanarkshire College. For further details on the College's commitment to supporting student mental health, [visit our dedicated webpage](#).



Commitment

We understand that starting college can be an exciting time, but it can also be challenging. There are many external events that can impact on a student's time at college, such as financial stresses, housing issues, relationships and much more. Colleges can play a key role in supporting students to access mental health resources, as well as create opportunities to break down the stigma surrounding mental health.

At South Lanarkshire College we take our commitment to supporting student wellbeing and mental health very seriously. We are proud to have been involved in the NUS Think Positive initiative for many years and look forward to continuing to build on the support we provide to our students.

By talking openly about mental health and promoting strategies surrounding positive mental health, we hope to create an environment where all students feel comfortable requesting support and can easily access the College's support services.

The College offers a wide variety of different support services, please see below for further details:

- Free student counselling. Further details are available by clicking [here](#).
- Weekly mindfulness classes
- Free online weekly yoga classes
- One to one support from Student Services, Educational Learning Support and Guidance Tutors
- Student Association support available in-person or by emailing studentassociation@slc.ac.uk
- Dedicated Student Support email at student.support@slc.ac.uk
- Student Teams page for various activities. Click [here](#) to join our SLC Student Health and Wellbeing group.
- Report and Support software available to report a mental health concern or other wellbeing matter. Visit the webpage by clicking [here](#).

Mental Health and Wellbeing Initiatives

1. Supporting Student Financial Wellbeing

Breakfast and Soup & Sandwich for all students

For several years now the College has worked in partnership with the Student Association (SLCSA) to provide students with a free offering of breakfast and lunch, staggered across different days throughout the week to ensure equal access.

The link between financial security and mental health is clear and we have a duty of care to support our students wherever we can. Our provision was expanded in 2023 to provide breakfast twice per week and we continue to offer this. We remain grateful to the SLC Foundation for their support to allow us to provide this and to our catering partner, Aramark, for facilitating this service to our students.

During academic year 2024/25, we removed the emphasis that the breakfast and lunch offerings were free as this may have resulted in a stigma around it. We rebranded the service to highlight that breakfast and lunch is being provided by the SLCSA, due to the SLC Foundation funding received. Breakfast and lunch is available for all students and we are determined to ensure no-one feels uncomfortable accessing this service. The layout of how students could access the service was reviewed with an easy grab and go style breakfast counter created to allow students to collect breakfast items easily. Rebranded posters are displayed around the College providing the various dates that are available. This information is also shared via social media channels and the fortnightly student newsletter. The SLCSA team have created monthly posters which are advertised on various digital channels and across campus.

Alongside this provision, we provide a SLCSA Food Larder that students can access anytime they are on campus. Located in the SLCSA office on the Ground Floor, the larder is solely for students to use. No vouchers or application forms are required so students can access it without any barriers or embarrassment at a time of their choosing. Carrier bags are provided for anyone who wishes to use them. The SLCSA Food Larder is regularly stocked, and we are always open to feedback on what should be made available.

College Hoodies

The College and SLCSA are proud to be able to continue to provide high quality hoodies at the subsidised cost of only £5 for students. These will be launched during Freshers' Week in September 2025. In previous years the SLCSA hoodies have been hugely popular and regularly sell out. Affordability for students is important and having access to high quality warm clothing is something the College and SLCSA are proud to be able to provide.

Discretionary Support

At SLC, students can apply for discretionary support alongside their main level of funding. We understand that trying to manage funds on a student loan or bursary alone can be challenging so discretionary funding can be a way to alleviate financial concerns. There is strict eligibility criteria but we believe it is important that all students are aware that they can apply for the funding in the first place. We provide critical and key messaging around this additional support. This includes signposting in key communications, on the Student Wellbeing Teams page, class visits, poster campaigns and staff signposting. Crisis support is also available to students awaiting their funding.

Measures of Success

- By working in partnership with Aramark Catering we will review how many students are accessing the breakfast and soup and sandwich initiatives and look to increase on servings from previous academic years.
- Regular feedback will be collated from students in relation to quality and accessibility. This feedback will be shared with Aramark via regular meetings.
- The Student Association will host a social club (Toast Topper Club) to promote 'Breakfast on Us', further details of this will be provided below. This will create an opportunity for additional check-ins with students on services available.
- We will review feedback and total sales received for SLCSA hoodies.
- Our recent Student Mental Health survey found just over half of respondents were aware of the Teams page and SA newsletter so further signposting and awareness raising of these resources will take place, with a view to this percentage increasing.

2. Regular Social Activities and Events

Over the years it has been a priority for the SLCSA and the College to create a feeling of community and inclusiveness for all our students. Attending college offers an opportunity to remove isolation, encourage peer support and provides networks for social inclusion. The Student Association and the College have an annual calendar of events that take place on campus. Going forward we are keen to embed awareness of these events as a standing expectation of what students can access throughout the year. Below is an example of what activities will be taking place in 2025 and onwards.

Events & Activities

- **Toast Topper Club** – Our Toast Topper Club will be a new introduction for 2025. This will be a fun breakfast club where the SLCSA will host a table in the canteen for anyone who would like to come along and chat with the SLCSA whilst enjoying 'Breakfast on Us'. This will raise awareness of the breakfast initiative while creating a fun and inclusive space where students can make new friends, chat and access support. The club will run twice per week with regular promotion via social media, Teams channels and the SLCSA newsletter.
- **Care Experienced Lunch Clubs & End of Year Celebration** – Our Guidance and Support team arrange regular lunch clubs for our care experienced students. This provides an opportunity where students can meet with the team but also each other to create new friendships. We host an end of year celebration for all our care experienced students to provide a chance to reflect and celebrate the achievements of the last year.
- **Mental Health and Wellbeing Events** – Regular mental health and wellbeing events take place throughout the academic year including World Mental Health Day, Mental Health Awareness Week and Men's Mental Health. These are promoted in various outlets including the SLCSA newsletter, social media channels, posters and stalls.
- **Lunchtime Games and Activities** – The SLCSA will host a table in the bistro with various tabletop games and activities available for students to participate in. The SLCSA have personally created games such as tabletop bowling, 'don't drop the ball', colour pick and many more. These are fun, new games created by the SLCSA themselves and have already proven to be extremely popular!
- **Cuppa and a Chat** – Throughout the academic year we will be hosting multiple cuppa and chat events where students can meet with the SLCSA and Student Services teams for a chat and receive a free cup of tea/coffee and biscuit.

Measures of success

- Evidence has highlighted that the majority of students are aware of the free counselling service, however more work will take place to raise awareness of the new events and activities taking place.
- Continued increase in uptake of services and attendance at events.
- Robust feedback processes that capture what works for students and what can be added to the events calendar.
- Encourage student input into coordinating and hosting these events through the class rep system, student officers or student volunteers.



3. Supporting Men's Mental Health

Promoting and supporting men's mental health has always been a priority to the College and the Student Association. Over the years we have seen an increase in men accessing support services such as the student counselling service, however this trend has stalled and remains consistent. We want to ensure that all our students feel comfortable accessing support services across the College. To do this we will increase promotion and awareness of the support available, as well as look to reduce the stigma of accessing these services. We aim to achieve this by doing the following:

- Promotion of Movember – November is an important month for highlighting the national Movember campaign and trying to reduce the stigma of requesting support when things are challenging. The College and SLCSA promote this activity and host our own Men's Mental Health event during this month. This involves the SLCSA visiting class groups and arranging a pizza and chat event specifically for men to talk about mental health.
- Resilience (Coping with College) workshops – Our resilience workshops are an excellent way of breaking down the barrier of talking with class groups about stress and resilience. These hour-long workshops were designed by our Counselling team to address the shared anxieties around coping with college education and suggests ways to cope, develop and maintain self-compassion, as well as increase resilience whilst attending a course. As our counselling team delivers these hour-long workshops direct to classes this also helps remove the barrier of getting to know the team.

Measures of success

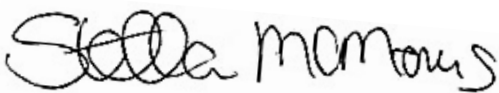
- Greater uptake of mental health support services by our male students. This can be collated and reviewed via the Annual Counselling Report and feedback at events.
- Increased awareness of the counselling team and what they provide. Increased uptake in our Resilience workshops – Coping with College are a great way to introduce the team.
- More events highlighting men's mental health and inviting more organisations on campus who provide support tailored for men's mental health
- Annual participation in the Movember campaign.

If you require any further details about any of the above support services then please email or student.support@slc.ac.uk.

Signed by:

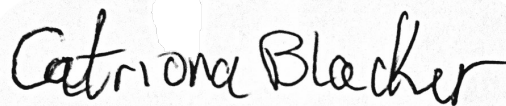
Stella McManus

Principal & CEO



Catriona Blacker

SA President



Date signed: 09/10/2025



Student Mental Health Agreement