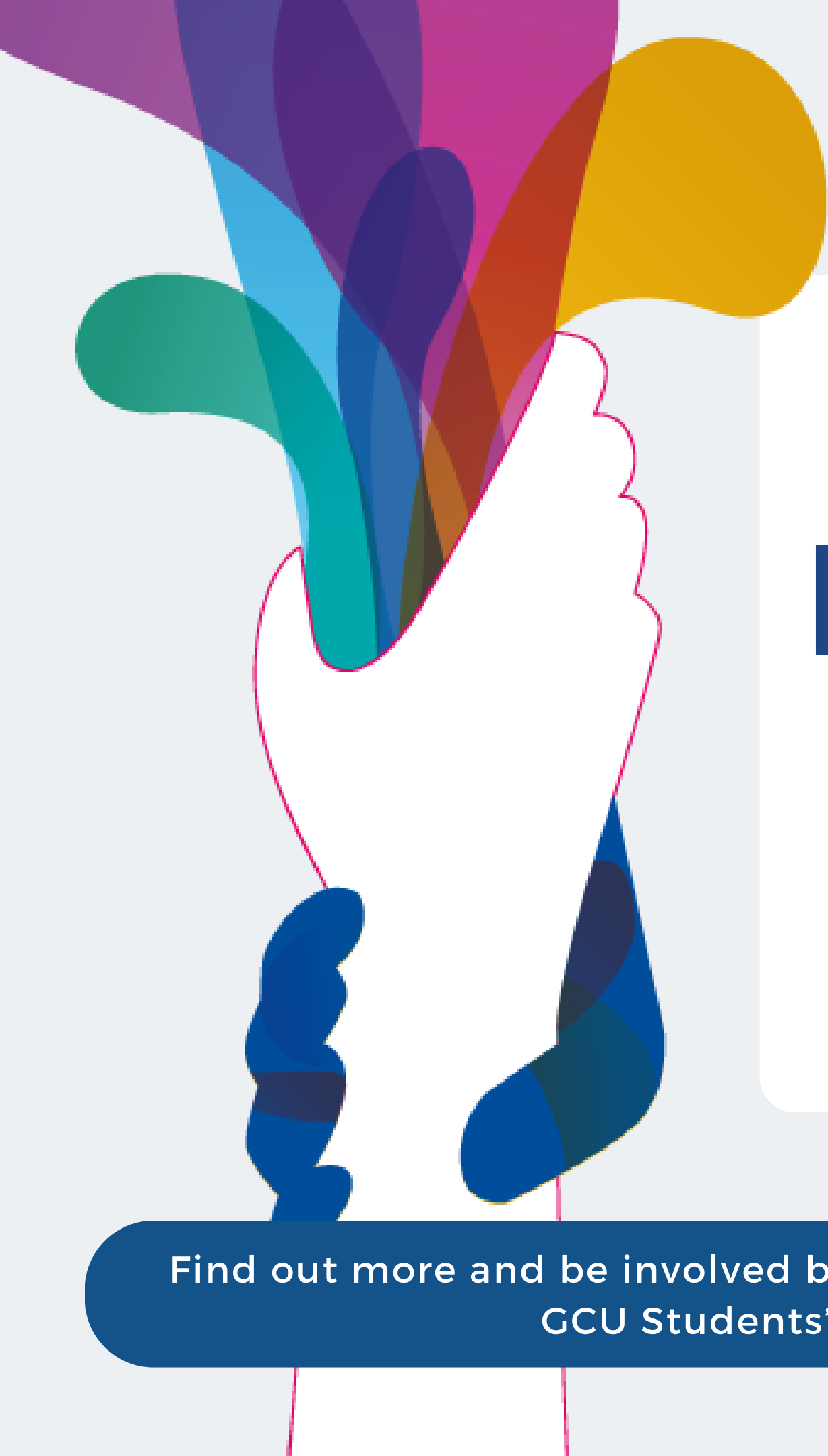


A stylized illustration of a hand holding several colorful balloons. The hand is white with blue and dark blue patterns on the fingers. The balloons are in various colors: purple, pink, orange, yellow, green, and blue. The background is light grey.

STUDENT MENTAL HEALTH AGREEMENT

2025-26 ACTION PLAN

GLASGOW CALEDONIAN UNIVERSITY & GCU STUDENTS'
ASSOCIATION

Find out more and be involved by contacting GCU Student Wellbeing at StudentWellbeing@GCU.ac.uk or the GCU Students' Association Advice Centre at advice@GCUstudents.co.uk

GCU Students' Association and Glasgow Caledonian University are committed to working in partnership to enhance student wellbeing. Our Student Mental Health Agreement, established in 2017, is an annual commitment to continuous development of provisions and services to empower positive mental health and wellbeing for all students at GCU. The Student Mental Health Agreement is a project for Universities, Colleges and Students' Associations which is supported by Think Positive about Student Mental Health.

Our Student Mental Health Agreement sits within a whole institution approach meaning that we understand that many aspects of a student's experiences may interconnect, and will impact upon their health and wellbeing. We work with students at GCU, GCU student representatives, university staff, charities, sector frameworks and research to shape our approach. The Student Mental Health Agreement is overseen by the GCU Student Mental Health Agreement Working Group. More information about the group can be found on the next page. This group ensures the work of the agreement is connected with wider projects across GCU and GCU Students' Association and support the evaluation of the actions.

This document contains the action plan for 2025-26 for Glasgow Caledonian University and GCU Students' Association. The Student Mental Health Agreement runs in two year cycles, but is updated and evaluated annually.

If you have any questions please contact GCU Student Wellbeing at StudentWellbeing@GCU.ac.uk or the GCU Students' Association Advice Centre at advice@GCUstudents.co.uk

THE STUDENT MENTAL HEALTH AGREEMENT WORKING GROUP

The Student Mental Health Agreement documentation is supported by the Student Mental Health Agreement Working Group. The group is made up of staff and students from both Glasgow Caledonian University and GCU Students' Association and are:



Wilma Whyte
Mental Health &
Wellbeing Manager, GCU



Rachel Simpson
Student Mental Health
Project Officer, GCU



Eilidh Stewart
Vice President GSBS,
GCU Students' Association



Kirsty McGregor
Senior Student Adviser
GCU Students' Association



Muhammad Omar Khan
Student Mental Health Officer,
GCU Students' Association

Our projects and contact details are published at:

<https://www.gcustudents.co.uk/advice-centre/wellbeing/student-mental-health-agreement>

and

<https://www.gcu.ac.uk/aboutgcu/mental-health-and-wellbeing/student-mental-health-agreement>



AREAS OF WORK

Each year the Student Mental Health Agreement Working Group plan projects of work with students, staff, and guidance from the Higher Education sector. We collate these into themed areas to structure our action plan. These are:

- 01** Events and campaigns
- 02** Supporting our student communities
- 03** Mental health research, strategy & governance
- 04** Building mental health literacy

EVENTS AND CAMPAIGNS

Awareness of available support provisions, and student understandings of how to engage with these, are key influences on engagement of with mental health and wellbeing services. To help raise awareness of services available, how to access these, and address mental health stigma, we commit to hosting a number of events and campaigns across our campuses for mental health and wellbeing. Below we have highlighted a few key examples of campaigns, however this is not an exhaustive of all of the events and campaigns GCU and GCU Students' Association host for mental health and wellbeing.

Host activities on National Mental Health Days

Continue to offer Exam Support

Host Paws Against Stress events for students

Expand the Wellbeing Walks programme

Host Feel Fab Feb

Develop dedicated quiet and neurodiverse spaces on campus

GCU Students' Association to hold Know Your Rights workshops

SUPPORTING OUR STUDENT COMMUNITIES

When identifying how we support our students, we adopt an approach which considers everyone in our GCU Community, valuing the diversity of our members, and ensuring our provisions are accessible across the variety of experiences that our students may encounter. GCU have established a webpage which outlines the work we undertake to support our students including partnership work with external organisations. We aim to undertake a range of actions to support all our students with their wellbeing including:

**Review the Faith
& Belief Centre**

**Introduce a student wellbeing
adviser for GCU London**

**Hold Mental Health and
Wellbeing Events**

**Continue to offer the
Winter Warmer
Campaign**

**Continue to deliver contextualised
inductions**

MENTAL HEALTH RESEARCH, STRATEGY & GOVERNANCE

The need to implement a strategic approach is outlined by many across the sector, including [UUK in their Step Change Framework for Student Mental Health](#), [Student Minds](#) in the University Mental Health Charter, and Think Positive about Student Mental Health in this project for [Student Mental Health Agreements](#). Therefore, throughout this and following academic years we are aiming to enhance both ongoing strategic projects and strategies, and introduce new innovative projects for student and staff mental health.

Develop and launch the Preventing and Responding to Student Suicide Policy, Response Group, and contextualised resources for staff

Support and continue the Student Expert Panel for the Student Wellbeing Advisory Group

Developing the Student Mental Health Action Plan

Participate in the Student Minds University Mental Health Charter

BUILDING MENTAL HEALTH LITERACY

Increasing the knowledge and understanding of our students and staff on their mental health and wellbeing, alongside what support GCU and GCU Students' Association provide for mental wellbeing, is an essential driver of both our Student Mental Health Agreement. It's important that we all know about our own mental health and wellbeing, and what support is available to access. To enhance this understanding for our students and staff we have embedded several projects:

Introduce the Wellbeing Skills for Student Leaders workshops

Hold Look After Your Mate Workshops for GCU Students

Continue to offer the Scottish Mental Health First Aid Award

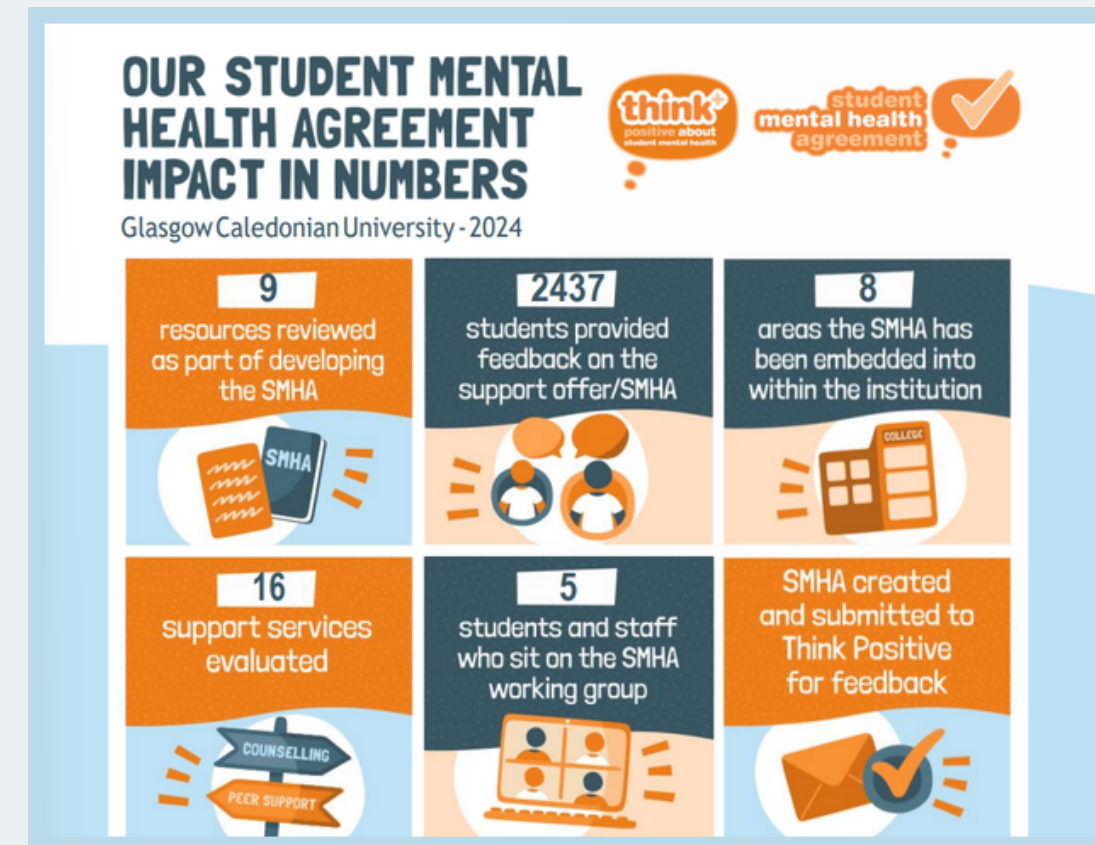
Update the identifying and supporting students in distress resources (the staff handbook, sharepoint page, and webinar) to support staff

EVALUATION AND FUTURE STEPS

The projects outlined in this agreement are evaluated both within the Student Mental Health Agreement working group or in other project evaluations as appropriate to ensure we evaluate our progress towards these. Each year we evaluate the Student Mental Health Agreement document overall with Think Positive about Student Mental Health.

HOW CAN I GET INVOLVED IN THE STUDENT MENTAL HEALTH AGREEMENT?

You can shape the work in our Student Mental Health Agreements by engaging with consultations throughout the year, providing feedback to services, volunteering to participate in the projects or working groups, or by contacting us at GCU Student Wellbeing at StudentWellbeing@GCU.ac.uk or the GCU Students' Association Advice Centre at advice@GCUstudents.co.uk with your thoughts.



Full evaluations are available at the [GCU](#) and [GCU Students' Association](#) webpages



University for the Common Good



THE GCU STUDENT MENTAL HEALTH AGREEMENT

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