


HBHM Additional Information – Mental Health

	Criteria	Additional Information
TRAINING TOWARDS	Sign up to the Student Mental Health Agreement project	Sign up for the Student Mental Health Agreement project and ensure that you include Physical Activity and/or HBHM within the agreement. Please note that sign up opens in July and closes in December. This NUS Scotland project can be found in their Think Positive website. https://www.thinkpositive.scot/projects/smha/ .
	Sign SAMH Scotland's Mental Health Charter for Physical Activity and Sport	For more information and to sign up for the Charter click here https://www.samh.org.uk/get-involved/mental-health-charter/sign-up-to-the-charter
	Establish baseline for staff training and responsibilities around wellbeing	Mental Health Awareness Course on SAMH is a good baseline as it is a free online awareness course.
	Map availability of counselling and support services	Some services can be found here https://www.samh.org.uk/find-help and https://www.thinkpositive.scot/ . There should also be information on local support, on campus or nearby NHS services etc...
	Materials widely available to signpost to sources of support	Place materials in well used areas and on intranet sites. Look at digital marketing as well as traditional posters and fliers. Please don't forget to check HBHM brand guidelines on basecamp.
	News story to celebrate SAMH Charter sign-up	Use social media platforms and website to promote a story confirming that you have signed up to the SAMH Scotland's Mental Health Charter for Physical Activity and Sport, any case studies that are happy to be shared.
BRONZE	Submit SAMH Declaration of Support and Action Plan	Once you have agreed your SAMH Charter action plan specific to your institution, upload a copy of the plan to the Basecamp institution space.
	Co-design activities with target student groups e.g. those with lived experience	Examples of best practice ideas can be discussed with SSS Development team and SSS HBHM Project Officer to find ideas that best suit your campus. An example being; Smoke free study break walks around campus lead by Mental Health First Aid trained member of staff.
	Training of relevant staff in SAMH online Mental Health Awareness course	Access to the online training and resources are available through SAMH once you sign SAMH Scotland's Mental Health Charter for Physical Activity and Sport
	Mental health promotion overtly linked to follow up activity	Evaluation of your support for mental health and introducing, where not already visible, physical activity examples relieving pressure on mental health, or signposting towards physical activities for support.
	Share stories/case study on SAMH	Share an example of good practice with SAMH, examples can be found here https://www.samh.org.uk/get-involved/mental-health-charter/stories-case-studies
SILVER	Evidence of active engagement in SAMH online charter network	Check here in your community who is a partner and link up activities with them; https://www.samh.org.uk/get-involved/mental-health-charter/charter-map
	Student input to longer term planning around mental health and wellbeing	Create a student forum for info to be shared and to allow planning input. Evidence of this can include forum minutes, action logs and case studies.
	Formal links to allow for referrals to support (including Mental Health, Physical Activity and Smoking Cessation)	Campus/ local mental health services have formal links to physical activity providers and other lifestyle support.
	Training of relevant staff in Mental Health First Aid (MHFA) or equivalent	The two day Mental Health First Aid Training courses can be found here http://www.smhfa.com/find_course/find-a-course.aspx In addition NUS Scotland's Think Positive campaign offer Student Mental Health First Aid training on an ad-hoc basis for those signed up to the Student Mental Health Agreement. Contact reena.staves@nus-scotland.org.uk to find out if there are any courses scheduled. As evidence for meeting this criteria, submit list of staff who have completed the training (including their current role) along with their certificate.
	Case study to reflect referral/support system	Provide case study examples. Find some examples from the wider SAMH network here https://www.samh.org.uk/get-involved/mental-health-charter/stories-case-studies
GOLD	Long-term plan for mental health and wellbeing (may be linked to Physical Activity/Sport policy)	Send evidence of a minimum 4 year strategy.
	MHFA trained instructor offering regular support opportunities to students	Provide details of where MHFA has been implemented to offer support in line with your institution's targets, as agreed with SSS development team.



Key Contact

Area	Contact	Contact Details
Mental Health		<p><u>NUS Scotland:</u> Reena Staves Tel: 07533 071 882 Email: reena.staves@nus-scotland.org.uk Website(s): Student mental health website Think Positive</p>