

# We are committed to everybody's mental health and wellbeing.

That's why we've signed up to the *Association of Colleges' Mental Health and Wellbeing Charter*.

## 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:

- 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
- Have a wellbeing and mental health policy accompanied by a clear implementation action plan which is monitored regularly and reviewed annually
- 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
- Encourage and collect student views on mental health and wellbeing by working with the Students' Union and other student representative bodies
- Ensure a consistent and positive approach to staff wellbeing
- 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.

