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Student Mental Health Policy

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Version Control

Version	Author	Date	Changes

1. Policy Statement

Edinburgh College aims to promote positive mental health and wellbeing for all students as well as ensuring that there is a coherent approach to supporting students and prospective students who disclose or experience mental ill health or poor mental health across the College.

By providing a supportive and healthy environment, Edinburgh College aims to enhance the experiences of all students; promoting a culture of mental wellbeing and emotional resilience.

In addition to promoting positive mental health and wellbeing, Edinburgh College aims to recognise and respond to mental ill health and poor mental health in our community. By developing and implementing practical, relevant and effective mental health policies and procedures, Edinburgh College can promote a safe and stable environment for students affected both directly and indirectly by mental ill health.

2. Scope

This policy and procedure describes the College's approach to promoting positive mental health and wellbeing for students.

The policy aims to:

- promote positive mental health in all students
- provide support to students experiencing mental ill health
- provide support to staff working with students experiencing poor mental health

3. College Responsibilities

At Edinburgh College, our students are at the heart of everything we do and we are committed to providing a positive learning experience for all our students, whatever their background and their ambitions.

Our responsibilities around supporting our students' mental health and wellbeing include;

- To ensure all colleagues are aware of the mental health and wellbeing challenges and concerns facing our student population
- To promote the emotional resilience, wellbeing and positive mental health of students
- To ensure that all colleagues engage in relevant mental health and wellbeing training to support them in their role*
- To encourage and signpost students to internal College support services such as the Wellbeing and Counselling services, as well as to external support services such as their GP, Breathing Space and Crisis Centres
- To ensure that all colleagues know how to report concerns about a student's mental health via [Topdesk](#)**
- To ensure that all colleagues are aware of their responsibility to make reasonable adjustments in line with the Equality Act for students with diagnosed mental health conditions***
- To ensure that all colleagues are aware that mental health data is considered sensitive personal data under the General Data Protection Regulations and as such, all disclosures of a mental health condition should be treated with sensitivity and respect for confidentiality

*The College's Organisational Development team can support staff and teams to identify appropriate Continuous Professional Development opportunities (organisation.development@edinburghcollege.ac.uk)

** In the event where there is an immediate risk to life such as the disclosure of suicidal thoughts, staff should contact the Safeguarding team without delay or the emergency services if the situation is an immediate emergency.

*** Advice on reasonable adjustments can be sought from the Learning Support team (learning.support@edinburghcollege.ac.uk)