

## Healthy Campus

## Case Study

HEALTHY CAMPUS CASE STUDY	
<b>Name of Institution</b>	Atlantic Technological University
<b>Who led the initiative?</b>	ATU Galway Campus and ATU Mayo Campus in collaboration with Mental Health Ireland.
<b>Date and timeframe of the initiative</b>	October 2022
<b>What was the reach of the initiative?</b>	
<b>Initiative Title</b>	Connect Café
<b>Aims/ Objectives</b>	<ul style="list-style-type: none"> <li>• Highlighting the importance of peer connection</li> <li>• Promoting a simple way of protecting and improving mental health</li> <li>• Encouraging smaller social environments and groups on campus</li> </ul>
<b>The rationale for the action, including any identified health needs</b>	
<b>Identify all frameworks, policies, or strategies this initiative aligns to (Internal, local or national)</b>	National Student Mental Health and Suicide Prevention Framework and the #FirstFiveWeeks Programme.
<b>Summary / Overview</b>	Connect Cafes (Mental Health Ireland initiative) were run with games and refreshments in order to give students an opportunity to connect and engage, to open up conversations between students, and to promote a simple way to strengthen mental wellbeing. They also signposted students to available services including the Student Counselling Service and Galway Community Café.
<b>Did you collaborate with internal and/or external stakeholders to deliver?</b>	Internal collaborators included the Student Counselling Service Student Services, Students Union, Healthy Campus, and the International Hotel School. External collaborators included Mental Health Ireland & the Galway Community Café.
<b>How was the initiative organised?</b>	

<b>What resources did you need?</b>	
<b>Has it been evaluated? How successful has it been?</b>	
<b>Any future plans, including the sustainability of the initiative?</b>	
<b>Key Learning Points</b>	<ul style="list-style-type: none"> <li>• Building external partnerships with Mental Health Ireland &amp; Galway Community Café</li> <li>• Providing access to referral pathways</li> </ul>

**Healthy Campus Framework Categories (please tick all that apply)**

<b>Healthy Campus Process</b>	<b>Whole Campus Approach</b>	<b>Topic</b>	<b>Population Group</b>
Commit <input type="checkbox"/>	Leadership, Strategy & Governance <input type="checkbox"/>	Alcohol <input type="checkbox"/>	Students <input checked="" type="checkbox"/>
Coordinate <input type="checkbox"/>	Campus Environment (Facilities & Services) <input type="checkbox"/>	Substance Misuse <input type="checkbox"/>	Staff <input type="checkbox"/>
Consult <input type="checkbox"/>	Campus Culture & Communications <input checked="" type="checkbox"/>	Healthy Eating / Food <input type="checkbox"/>	Wider community <input type="checkbox"/>
Create <input checked="" type="checkbox"/>	Personal & Professional Development <input type="checkbox"/>	Mental Health & Wellbeing <input checked="" type="checkbox"/>	Other <input type="checkbox"/>
Celebrate & Continue <input type="checkbox"/>		Sexual Health & Wellbeing <input type="checkbox"/>	
		Tobacco Free Campus <input type="checkbox"/>	

		Physical Activity / Active Transport <input type="checkbox"/>	
		Wellbeing on the Curriculum (can also fall under 'Personal & Professional Development') <input type="checkbox"/>	
		Health & Sustainability <input type="checkbox"/>	
		Other <input type="checkbox"/>	

**Contact Details**

<b>Contact Name/s</b>	
<b>Date</b>	
<b>Email Address</b>	
<b>Links</b>	