

## Healthy Campus

## Case Study

HEALTHY CAMPUS CASE STUDY	
<b>Name of Institution</b>	Atlantic Technological University
<b>Who led the initiative?</b>	This initiative was in collaboration with, students, 3rd year Health Science Students volunteered, Student Placements, Student Support Services, Healthy Campus Student Union, Mental Health Initiatives group, colleagues in ATU Galway, ATU Mayo, ATU Donegal and Mental Health Ireland.
<b>Date and timeframe of the initiative</b>	The academic year 2022 – 2023
<b>What was the reach of the initiative?</b>	On the ATU Sligo Campus, 148 students and staff registered for the event and approximately 400 students/staff engaged with volunteers and received the Hello How Are You information cards and bookmarks.
<b>Initiative Title</b>	Hello, How Are You Campaign
<b>Aims/ Objectives</b>	ATU Sligo is committed to the development of an institutional campus culture which is welcoming, and supportive. This objective is closely aligned to the National Student Mental Health & Suicide Prevention Framework's request that campuses be safe, respectful and supportive. With that in mind, this case study will focus on the Hello How Are You? Campaign.
<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 & Suicide Prevention Framework
<b>Summary / Overview</b>	Hello, How Are You? is a simple yet effective mental health promotion campaign developed by Mental Health Ireland, that encourages people to say 'Hello' and ask 'How, Are You?' in a meaningful way. It is about connection and engaging in conversations about mental health. Asking this small question and having one conversation can make a real difference in a person's life. The campaign breaks down the steps: H.E.L.L.O. (H: Hello E: Engage L: Listen L: Learn and O: Options) which supports people to reach out, say hello and ask how are you?
<b>Did you collaborate with internal and/or external stakeholders to deliver?</b>	Internal stakeholders were students, 3rd year Health Science Students volunteered, Student Placements, Student Support Services, Healthy

	Campus Student Union, Mental Health Initiatives group, colleagues in ATU Galway, ATU Mayo, ATU Donegal and Mental Health Ireland.
<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>	<p>Key outcomes included:</p> <ul style="list-style-type: none"> <li>• Normalise talking about our mental health and wellbeing</li> <li>• Reduce loneliness and improve connections on campus</li> <li>• Signpost to seeking support (on campus supports, local and national supports)</li> <li>• Successful joined initiative with our counterparts in Donegal, Galway and Mayo</li> </ul>

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

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
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 checked="" 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>	



Say **Hello** and ask:  
**How are you?**

<b>H</b>	<b>HELLO</b> Say Hello and ask: How are you?
<b>e</b>	<b>ENGAGE</b> Engage with the person
<b>l</b>	<b>LISTEN</b> Actively listen to the person
<b>l</b>	<b>LEARN</b> Learn about the person and how they are feeling
<b>O</b>	<b>OPTIONS</b> Give time to talk through options

[www.hellohowareyou.info](http://www.hellohowareyou.info)

