



Healthy Campus Case Study



HEA

An tÚdarás um Ard-Oideachas
The Higher Education Authority

Approaching Student Mental Health Workshops

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| Institution/ Organisation | RCSI Dublin |
| Who leads/ led the project? | RCSI Student Welfare Team, Comppas |
| Date and timeframe | Academic year 2024 - ongoing |
| Project Rationale | The Student Welfare Team identified an ongoing need among staff and students for support in approaching mental health conversations, reflected in increasing referrals from 2024. Staff frequently sought guidance but felt underequipped to manage concerns prior to referral. An initial online workshop for student facing staff improved confidence and was later redeveloped into in person delivery. Growing student requests for peer support guidance led to the creation of a complementary “Students Supporting Students” workshop, supporting mental health literacy and stigma reduction across the campus. |



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| Project Overview/ Summary | |
| Approaching Student Mental Health Workshop | Students Supporting Students Workshop |
| <ul style="list-style-type: none"> Workshops were developed using evidence-based counselling skills informed by Social Work practice, Mental Health First Aid, and Marte Meo communication approaches. Content was tailored to referral trends and the Senior Social Workers’ experience supporting students and staff. Three facilitated workshops were delivered during 2024/2025 and 2025/2026 to student facing staff, including professional services, academics, and clinical staff. One workshop targeted professional services staff on clinical sites due to the complexity of referrals identified within this setting. Future delivery includes engagement with Estates and Security staff to strengthen front of house awareness and networks. Staff workshops were promoted via the Workvivo platform with support from HR Learning and Development. | <ul style="list-style-type: none"> Student Welfare collaborated with student societies, the Students’ Union Welfare Office, and Niteline representatives to codevelop a peer support workshop. Students promoted the workshops through Student Life platforms and RCSI social media channels, supporting peer led engagement. <p>Implementation</p> <ul style="list-style-type: none"> The Student Welfare Team coordinated workshop scheduling and accessible venues across RCSI. Sessions initially lasted one hour and were later extended to 1.5 hours to include case studies and discussion based on participant feedback. Refreshments were provided to support informal networking and engagement. <p>Evaluation</p> <ul style="list-style-type: none"> Tailored questionnaires were used to gather feedback following each workshop. Five workshops were delivered between 2024–2026, with largely positive feedback and suggestions actively incorporated into subsequent sessions. |

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| Key Learning Points |
| <ul style="list-style-type: none"> Ensure refreshments provided and extra time to allow space for networking and connections. Ensure space provided meets requirements –IT equipment, appropriate size, comfortable to arrange into small groups. ‘Ice breakers’ give group opportunity to connect. Minimise information on slides, allow for conversation, discussion. Tailor workshop based on evaluation feedback to ensure needs of specific groups are met; adding relevant case studies, opportunities for questions or case examples at time of registration. Continually assess needs arising via Student Welfare referral system – can target specific groups based on these needs. Continually engage with student & staff stakeholders, develop and create relevant content. Joint presentation of content with students for ‘Students Supporting Students’. |



| Limerick Framework for Action | Whole Campus Approach | Type of Evaluation |
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| Partnership | Campus Culture & Communications (Pillar 3) | Outcome Evaluation |
| Students | | Summative Evaluation |

