



Healthy Campus Case Study



HEA

An tÚdarás um Ard-Oideachas
The Higher Education Authority

Mental Health Task Force

Institution/ Organisation	RCSI Dublin
Who leads/ led the project?	CoMPPAS (Centre for Mastery: Personal, Professional & Academic Success)
Date and timeframe	2025 – On-going
Project Rationale	University students are experiencing increasing mental health challenges that impact wellbeing and academic success, while existing support is often delivered in a fragmented way. The Mental Health Task Force provides a central forum for collaboration, coordination, and strategic discussion across the university. By bringing key stakeholders together, it strengthens communication, reduces duplication, supports early intervention, promotes mental health awareness, and embeds wellbeing across the institution in line with its commitment to student success and inclusion.

Project Overview/ Summary
<ul style="list-style-type: none"> • Collaborative initiative to improve coordination, visibility, and effectiveness of mental health supports across the college. • Responds to increasing student mental health challenges with a whole-campus, integrated approach. • Brings together key stakeholders. • Provides a central forum for: <ul style="list-style-type: none"> o Sharing information. o Aligning ongoing initiatives. o Identifying emerging student needs. • Aims to: <ul style="list-style-type: none"> o Reduce duplication of efforts. o Strengthen communication. • Ensure a cohesive and strategic approach to mental health and wellbeing. • Supports development of inclusive, accessible initiatives reflecting diverse student experiences.
<ul style="list-style-type: none"> • Operates through meetings held three times a year and cross-departmental engagement. • Guides implementation of evidence-informed actions. to embed mental health into: <ul style="list-style-type: none"> o University policies. o Practices. o Campus culture. • Promotes: <ul style="list-style-type: none"> o Awareness campaigns o Staff training. o Student-led initiatives. o A supportive, stigma-free environment. • Overall goals: <ul style="list-style-type: none"> o Strengthen the university's ability to support student wellbeing. o Improve academic outcomes and student retention. o Enhance the overall campus experience. • Emphasises collaboration and coordination to ensure all students can thrive personally and academically.

Key Learning Points
<ul style="list-style-type: none"> • A key learning from this initiative is the value of structured collaboration. The Mental Health Task Force improved communication across departments, increased visibility of existing supports, and reduced duplication, enabling more informed and coordinated decision-making. • The initiative reinforced the importance of a whole campus approach to student mental health, highlighting that responsibility extends beyond specialist services to include academic staff, professional services, and students in creating a supportive environment. • The Task Force also emphasised the need for ongoing review and adaptability, recognising that mental health needs evolve and require responsive action. Securing senior leadership support, setting clear objectives, prioritising inclusive engagement, and building on existing initiatives were identified as key factors in supporting sustainability and long-term success.

Limerick Framework for Action		Whole Campus Approach	Type of Evaluation
Leadership	Partnership	Campus Culture & Communications (Pillar 3)	Process Evaluation
Policies	Students	Health Focused Area (Pillar 5)	Outcome Evaluation
Culture	Celebrate		Summative Evaluation

