Healthy Campus Case Study

Connect Café

Name of institution and initiative lead
Atlantic Technological University. ATU Galway Campus and ATU Mayo Campus, in collaboration with Mental Health Ireland.

Date and timeframe
October 2022

Aims and Objectives
Highlighting the importance of peer connection
Promoting a simple way of protecting and improving mental health
Encouraging smaller social environments and groups on campus

Aligned frameworks, policies, or strategies
National Student Mental Health and Suicide Prevention Framework and the #FirstFiveWeeks Programme.

Project Collaborators
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.

Key Learning Points
Building external partnerships with Mental Health Ireland & Galway Community Café
Providing access to referral pathways

Healthy Campus Process | Whole Campus Approach | Topic | Population Group
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Create | Campus Environment (Facilities & Services) | Mental Health & Wellbeing | Students