Pilot Peer Led Wellness Café

Name of institution and initiative lead
Atlantic Technological University - Donegal
Mental Health & Wellbeing Project Officer
Sharon Ferguson
Hello How are you? Project Team

Date and timeframe
April 2022

What was the reach?
All Students/Staff invited to attend Mental Health Ireland
HSE Donegal Mental Health Services Staff – Director of Nursing, Assistant Director of Nursing, Resource Officer for Suicide Prevention

Aims and Objectives
Aim - creation of a campus community that is connected, safe, nurturing, inclusive and compassionate, and that fosters the development of student wellbeing through community connectedness, purpose, engagement and belonging.
Objectives:
Establish regular, highly visible mental health awareness raising interventions.
Establish a culture that encourages disclosure of mental health issues.
Reduce student isolation by promoting culture of belonging.
Initiate peer mentoring programmes.
Encourage social environments and smaller groups within campus community.

Aligned frameworks, policies, or strategies
National Student Mental Health & Suicide Prevention Framework 2020
Healthy Campus Framework 2021
National Student Engagement Programme 2022

Project Collaborators
Staff/Students/Students Union/International Student Ambassadors/Mental Health Ireland/Donegal Wellness Café Peer Facilitators

Key Learning Points
The value of students as partners working co-productively with staff & external agencies
The importance of a whole campus approach to Health & Wellbeing.

Healthy Campus Process | Whole Campus Approach | Topic | Population Group
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Commit | Campus Culture & Communications | Mental Health & Wellbeing | Students
Coordinate |  |  | Staff
Consult |  |  | Wider community
Create |  |  | Other
Celebrate & Continue |  |  |  |