



Healthy Campus Case Study



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AN tÚDARÁS um ARD-OIDEACHAS

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
Commit	Campus Culture & Communications	Mental Health & Wellbeing	Students
Coordinate			Staff
Consult			Wider community
Create			Other
Celebrate & Continue			



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University

