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.

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<tr>
<th>Healthy Campus Process</th>
<th>Whole Campus Approach</th>
<th>Topic</th>
<th>Population Group</th>
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<tbody>
<tr>
<td>Create</td>
<td>Campus Culture &amp; Communications</td>
<td>Mental Health &amp; Wellbeing</td>
<td>Students</td>
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<td></td>
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<td>Wider community</td>
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<td>Other</td>
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