



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
Create	Campus Culture & Communications	Mental Health & Wellbeing	Students
			Wider community
			Other



Ollscoil Teicneolaíochta an Atlantaigh

Atlantic Technological University

