## Ethnic Minorities Support Group

### Aims and Objectives
To provide an open, safe, space for Trinity students who identify as being from cultural and ethnic minorities to engage in group psychological support with a therapist who shares their lived experience.

### Key Learning Points
- Partnership between the Students’ Union and the Student Counselling Service in developing, advertising, and running the group has been key to its initial success.
- It was vital to have a facilitator from within the ethnic minority community. Students voiced that having a co-facilitator who they could identify with and who could understand their lived experiences was a key element for attending the group.
- Participants felt safe, heard, and able to share their own experiences of being a member of an ethnic minority group with other members in this shared space.
- The drop-in format of the group enabled students to be flexible in trying the group, and in building the membership over the 10 weeks.

### Project Collaborators
- TCD Students’ Union
- Black Therapists Ireland

### Name of institution and initiative lead
Trinity College Dublin
Partnership between the Student Counselling Service and the Students’ Union

### Date and timeframe
Academic Year 2024 and ongoing.

### What was the reach?
This initiative targeted all students in Trinity who identify as being part of an ethnic minority, including Irish Travellers.

### Aligned frameworks, policies, or strategies
- Equality, diversity, and inclusion in higher education in Ireland and Northern Ireland
- HEA - Race Equality in the Higher Education Sector
- National Student Mental Health and Suicide Prevention Framework for Ireland

### Healthy Campus Process | Whole Campus Approach | Topic | Population Group
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Create | Campus Culture & Communications | Mental Health & Wellbeing | Students
| Personal & Professional Development |