



Healthy Campus Case Study



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AN tÚDARÁS um ARD-OIDEACHAS

Ethnic Minorities Support Group

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.
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.
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

Project Collaborators
TCD Students' Union Black Therapists Ireland
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.

Summary
The first pilot of this support group took place between March – May 2024. The group ran weekly on Monday evenings, over 10 sessions. The group was facilitated by a white therapist from the Student Counselling Service and a therapist from Black Therapist Ireland. The Ethnic Minorities Officer in the Students' Union also attended weekly. Themes explored included, being a member of an ethnic minority group, integration into Irish culture and its difficulties, dealing with micro racism, explicit racism, how to navigate this, and the internalisation of these aggressions, self-Care. 8 students attended the group over a 10-week period from March – May 2024.

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



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

