



# Healthy Campus Case Study



**HEA** | HIGHER EDUCATION AUTHORITY  
AN tÚDARÁS um ARD-OIDEACHAS

## ‘Your mental health’ Providing CCT subsidised access for all to professional mental health counselling services

Name of institution and initiative lead
CCT College Dublin. Healthy Campus Working Group, led by College President & Head of Student Services
Date and timeframe
In place since 2017
What was the reach?
It was communicated to and engaged with by our whole College community, over the last 6 years. Approximately 100 students and 8 staff have availed of the services provided.
Aims and Objectives
The main aim of this initiative is to provide free access for all full and part time students, graduates and staff of the CCT community, to professional and fully accredited counselling services where applicable.

Aligned frameworks, policies, or strategies
The mission of Irish education is to deliver a ‘high-quality education that will enable individuals to achieve their full potential and to participate fully as members of society; and contribute to Ireland’s social, cultural and economic development’ (Department of Education, 2019).
The National Forum <i>Seven C’s for Embedding Student Success</i>
HEA <i>National Student Mental Health and Suicide Prevention Framework</i>
USI and the National Forum’s <i>Embedding wellbeing across the curriculum in higher education</i>
Embedding mental health questions into the annual student services survey.

Project Collaborators
General student population through scheduled focus groups hosted by the Institution Head and Head of Student Services
Class representatives of CCT
Registered counselling psychologists of the Elmwood Centre ( <a href="https://elmwoodcentre.com/">https://elmwoodcentre.com/</a> ), with regard to the collaboration between CCT and this Centre
Registered counselling psychologists from mymind.org
CCT full and part time staff cohort.
Key Learning Points
The main key learning point is that this has become a critical service for the community of the College, and that we will keep looking for other suitable collaborators to ensure we have a number of organisations to link up with to continue to provide this service to our students.

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Commit	Leadership, Strategy & Governance	Mental Health & Wellbeing	Students
Coordinate	Campus Environment (Facilities & Services)	Sexual Health & Wellbeing	Staff
	Campus Culture & Communications	Health & Sustainability	
	Personal & Professional Development		

