



## Healthy Campus Case Study



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

# Connect Café

### Name of institution and initiative lead

Atlantic Technological University. ATU Galway Campus and ATU Mayo Campus in collaboration with Mental Health Ireland.

### Date and timeframe

October 2022

### Aims and Objectives

Highlighting the importance of peer connection

Promoting a simple way of protecting and improving mental health

Encouraging smaller social environments and groups on campus

### Aligned frameworks, policies, or strategies

National Student Mental Health and Suicide Prevention Framework and the #FirstFiveWeeks Programme.

### Project Collaborators

Internal collaborators included the Student Counselling Service Student Services, Students Union, Healthy Campus, and the International Hotel School. External collaborators included Mental Health Ireland & the Galway Community Café.

### Key Learning Points

Building external partnerships with Mental Health Ireland & Galway Community Café

Providing access to referral pathways

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Create	Campus Environment (Facilities & Services)	Mental Health & Wellbeing	Students



Ollscoil Teicneolaíochta an Atlantaigh

Atlantic Technological University

