



Healthy Campus Case Study



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AN tÚDARÁS um ARD-OIDEACHAS

Hello, How Are You Campaign

Name of institution and initiative lead

Atlantic Technological University. This initiative was in collaboration with, students, 3rd year Health Science Students volunteered, Student Placements, Student Support Services, Healthy Campus Student Union, Mental Health Initiatives group, colleagues in ATU Galway, ATU Mayo, ATU Donegal and Mental Health

Date and timeframe

The academic year 2022 – 2023

What was the reach?

On the ATU Sligo Campus, 148 students and staff registered for the event and approximately 400 students/staff engaged with volunteers and received the Hello How Are You information cards and bookmarks.

Aims and Objectives

ATU Sligo is committed to the development of an institutional campus culture which is welcoming, and supportive. This objective is closely aligned to the National Student Mental Health & Suicide Prevention Framework's request that campuses be safe, respectful and supportive. With that in mind, this case study will focus on the Hello How Are You?

Aligned frameworks, policies, or strategies

National Student Mental Health & Suicide Prevention Framework

Project Collaborators

Internal stakeholders were students, 3rd year Health Science Students volunteered, Student Placements, Student Support Services, Healthy Campus Student Union, Mental Health Initiatives group, colleagues in ATU Galway, ATU Mayo, ATU Donegal and Mental Health Ireland.

Key Learning Points

Key outcomes included:

Normalise talking about our mental health and wellbeing

Reduce loneliness and improve connections on campus

Signpost to seeking support (on campus supports, local and national supports)

Successful joined initiative with our counterparts in Donegal, Galway and Mayo

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



Ollscoil Teicneolaíochta an Atlantaigh
Atlantic Technological University

