**HEA Healthy Campus**  **Case Study**

**NOTES FOR COMPLETION**

* Case studies should relate to your institution's healthy campus initiative.
* Where possible send a photograph or illustration, links, or resources to accompany your case study.
* It is recognised that not all sections will be relevant to all case studies – the proforma is designed to offer consistency across a range of case studies.
* Case studies will be used as part of HEA communications including email, website, and social media.
* Case studies should be written in the third person and anonymous when it comes to participants’ names.
* Please be as **concise and clear** as possible and consider the use of bullet points to summarise information.
* Please submit your case study to [healthycampus@hea.ie](mailto:healthycampus@hea.ie).

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| **HEALTHY CAMPUS CASE STUDY** | |
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| **Name of Institution/ Organisation** | University of Limerick |
| **Who lead the initiative?** | UL Student Affairs/Student Support and Engagement Officers |
| **Date and timeframe of the initiative** | 2024-2025 and ongoing. |
| **What was the reach of the initiative?** | 100+ students in 2024/25 across year of study and course disciplines |
| **Initiative Title** | Be MindfUL |
| **Aims/ Objectives** | The Be MindfUL programme is a comprehensive student peer awareness training initiative designed to address critical issues affecting third-level students' lives and foster a supportive community. It has dual aims: to foster students’ personal development and to develop their capacity to positively impact their communities. |
| **The rationale for the action, including any identified health needs** | While growth in student numbers is promising, it brings forth challenges such as increased student-to-staff ratios and a lack of belonging among students. The My World Survey 2 (Dooley et al., 2019) highlights that 58% of young adults (aged 18-25) report experiencing depression, with similar figures for anxiety. These mental health concerns, coupled with the pressures of newfound independence, exposure to substance use and gambling, and the desire to fit in, underscore the need for comprehensive support systems. The Be MindfUL Programme equips students with the tools to navigate their academic journey and personal lives, fostering a supportive and inclusive community at UL. By addressing mental health concerns and promoting resilience, empathy, and informed decision-making, the programme contributes positively to the broader society |
| **Identify all frameworks, policies, or strategies this initiative aligns to** | * Healthy UL Framework * UL Dignity and Respect Policy and Procedures for Students and Employees * UL Equality and Diversity Policy * UL Sexual Violence and Harassment Policy for Student and Staff * Healthy Campus Charter & Framework (HEA 2022) * Framework for Response to the Use of Illicit Substances within Higher Education (DoH 2020) * Framework for Consent in Higher Education (HEA 2019) * National Student Mental Health and Suicide Prevention Framework (HEA 2020) |
| **Summary** | The programme offers four weekly insightful and engaging 150-minute evening workshops aiming to develop knowledge and skills. The sessions address aspects of wellbeing including empathy, bystander intervention, dignity and respect, bullying, substance use and gambling, cultural competencies, mental health, and suicide prevention. Using a partnership model, the programme is delivered by expert speakers and is supported by internal and external stakeholders.  Students receive a hot meal each evening, branded merchandise and a certificate of attendance. They are also offered hours toward the President’s Volunteering Award for their participation. |
| **Did you collaborate with internal and/or external stakeholders to deliver?** | For programme delivery, internal partners include UL Student Counselling; UL Psychology Department; UL Human Rights, Equality, Diversity, and Inclusion; and Healthy UL. External Partners include NiteLine and the Office for Suicide Prevention – HSE Mid-West.  The initiative is supported by the UL Students’ Union and the UL Chaplaincy service. |
| **How was the initiative organised?** | The planning phase commenced in the Spring and Summer of 2024. During this period, detailed action plans were developed to ensure the programme's successful implementation. Key activities included identifying objectives, outlining session content, and establishing partnerships with relevant stakeholders. A pilot was approved to run in Autumn 2024 and Spring 2025, with two cohorts of participants. Meetings were conducted with each partner individually to ensure clear communication and alignment of goals. A budget was approved to cover the provision of a hot meal for participants on each evening of the programme. Additionally, funds were allocated for marketing materials, including posters and certificates of participation. UL Student Life, the UL Students' Union, generously sponsored branded Be MindfUL merchandise for participants, providing sweatshirts and water bottles. Sign-up for the programme remained open for four weeks in each semester, allowing ample time for students to register. The programme was then delivered over a four-week period for each cohort. |
| **What resources did you need?** | Cost per semester: approx. €2,500 Programme coordination assigned to current member of staff.  On each evening of the programme, four staff members were present along with the workshop facilitators.  Facilitators committed to deliver workshops as part of their current roles. |
| **Has it been evaluated? How successful has it been?** | Participants were invited to complete a total of 6 surveys each. 1 survey prior to engaging with the programme. 4 surveys to gather weekly feedback  1 follow up survey to pair with initial survey  Results are currently being collated and analysed. |
| **Any future plans, including the sustainability of the initiative?** | We aim to maintain the current the programme and intend to increase capacity, depending on budget approval. |
| **Key Learning Points** | The programme has brought together work that is already being carried out by internal staff internally and external organisations. When we collaborate, we can achieve so much more.  The commitment of students towards participation over four evenings mid-semester needs recognition and affirmation. |

**Healthy Campus Framework Categories (please tick all that apply)**

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| **Healthy Campus Process** | **Whole Campus Approach** | **Topic** | **Population Group** |
| Commit | Leadership, Strategy & Governance | Alcohol | Students |
| Coordinate | Campus Environment (Facilities & Services) | Substance Misuse | Staff |
| Consult | Campus Culture & Communications | Healthy Eating / Food | Wider community |
| Create | Personal & Professional Development | Mental Health & Wellbeing | Other |
| Celebrate & Continue |  | Sexual Health & Wellbeing |  |
|  |  | Tobacco Free Campus |  |
|  |  | Physical Activity / Active Transport |  |
|  |  | Wellbeing on the Curriculum (can also fall under ‘Personal & Professional Development) |  |
|  |  | Health & Sustainability |  |
|  |  | Other |  |

**Contact Details**

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| **Links** | [www.ul.ie/student-affairs/seso/be-mindful](http://www.ul.ie/student-affairs/seso/be-mindful)  [www.ul.ie/healthy-ul](http://www.ul.ie/healthy-ul) |