



Healthy Campus Case Study

HEA | AN tÚDARÁS um ARD-OIDEACHAS
HIGHER EDUCATION AUTHORITY



Be MindfUL

Name of Institution and Initiative Lead

University of Limerick - UL Student Affairs/Student Support and Engagement Officers

Date, timeframe and reach

2024-2025 and ongoing. 100+ students in 2024/25 across year of study and course disciplines

Aims and 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.

Aligned Frameworks, Policies, or Strategies

- 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)

Project Collaborators

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.

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 Process	Whole Campus Approach	Topic	Population Group
Coordinate; Create; Celebrate & Continue	Campus Environment (Facilities & Services); Personal & Professional Development	Alcohol; Mental Health & Wellbeing; Sexual Health & Wellbeing; Wellbeing on the Curriculum; Other	Students

