Student Minds

Society Affiliation Terms 2018/19

Student Minds is the UK’s student mental health charity. We empower students and members of the university community to develop the knowledge, confidence and skills to look after their own mental health, support others and create change. We train students and staff in universities across the UK to deliver student-led peer support interventions as well as research-driven campaigns and workshops. By working collaboratively across sectors, we share best practice and ensure that the student voice influences decisions about student mental health.

Together we will transform the state of student mental health so that all in higher education can thrive.

By joining the Student Minds network, a mental health campaign group becomes part of a nationwide community of students committed to promoting positive mental health and wellbeing. Affiliation acknowledges a commitment to a code of conduct, and enables groups to access support from the charity. Groups must complete a new form following committee handover at the end of each academic year.

### Prerequisites for Membership

In order to join the network, groups must fulfill and maintain certain prerequisites. These ensure the protection of members of the group and the wider student community, and maximise the positive impact of the group. Groups must be:

* Student-led, with an allocated Group Leader and a reserved place for a non-final year student (to support group sustainability).
* Structured formally as a group, volunteer project, campaign group or society within their Students’ Union.
* Advised by an experienced member of university staff (such as a member of the counselling service or Mental Health Coordinator who will be listed as the groups Advisor).
* Open to, and inclusive of, all students.

### Activities of Student Minds Campaign Groups

As part of the Student Minds network, we expect all affiliated groups meet certain standards when it comes to the activities in which they engage. It is important to understand the skills necessary to provide direct support to students with mental health problems, whether these are acute or chronic. It is never appropriate for student volunteers to provide advice or counseling of any form to peers with mental health problems.

**Campaign groups may:**

* Provide information about appropriate support services, improving the student understanding of support available to them.
* Run workshops they have been trained to deliver, to encourage conversation about looking after your mind. Workshops are not designed for students currently experiencing difficulties.
* Run events that increase student understanding of mental health. We strongly encourage you to run any campaign ideas passed your support contact at Student Minds and where possible use existing information and content provided by Student Minds. It is vital that the information you provide in any campaign or event is accurate, up to date and sensitively presented, otherwise you run the risk of your campaign or event doing more harm than good.
* Run campaigns or events to lobby for improved support or provision for students with mental health problems. We recommend that you liaise with your support contact at Student Minds as well connected campaigns, designed to bring about specific points of change are most effective.

**Campaign groups may not:**

* Provide any form of drop in support for students with mental health problems, unless Student Minds have provided you with specific permission to do, on the understanding that you are being fully trained and adequately supervised by appropriate staff on your university campus.
* Provide any form of treatment, therapeutic expertise or formal service.

### Commitment from Group

In joining the Student Minds network, Groups commit to:

* Act responsibly and uphold the values of Student Minds.
* Inform the office of any changes to the group such as new leadership or change in contact details so that the groups database is kept fully up to date.
* Provide information and feedback when requested.
* Endeavour to participate in national Student Minds events including training events.
* Adhere to Student Minds’ Marketing and Branding Guidance as well as ensuring our logo is clearly displayed on all promotional materials.

### How we support you:

* **Together we are stronger**: Your group will benefit from being part of a recognised national network of student projects. Campaigning and working together we can all achieve more. To clearly articulate your affiliation, you should use the Student Minds logo on all your publicity materials – printed and online.
* **Ready to go campaigns and resources**: You formed or joined your society because you believe in changing the way people think about mental health. We want to support you to do this and believe that your time is best spent out there, talking to students, not fiddling around with information sheets. We endeavor to provide effective campaign resources that are ready for you to use on campus. We use our own research to ensure that campaign content is always up to date and relevant. If we don’t have the resource you want, let us know and we will see if we can work with you to build them.
* **How to do it toolkits:** At Student Minds we like sharing best practice! Wedon’t believe in reinventing the wheel. With student groups there is a lot of change from year to year, which could lead to volunteers constantly reinventing new wheels! To make the most of your brain power and energy we work every year to take the best examples of events and campaigns from across the country and write up toolkits for these so that you can just pick up the “how to” document and get going. All this is available on the Student Minds Volunteer Hub website.
* **Access to our training events and conferences**: We pride ourselves on the training that we provide for students and university staff and we work hard to pull in funding from other areas of the charity to ensure that training is available.
* **Shouting to the widest audience:** We understand that if you have spent hours writing a blog piece it can be really disappointing if it only reaches an audience of a few dozen. We run national social media accounts and a blog and encourage all of our student volunteers to contribute. Pulling in content from across the country ensures that our information is always new and fresh, attracting the largest possible audience, so you can rest assured that your hard work really has an impact!
* **Promotion of your activities** and events through our website, newsletters and social media channels. We want to tell as many people as possible about your amazing work, so will always do our best to get you the most publicity for events.
* **Representation:** Through our national Student Minds Executive Team, made up of alumni volunteers. You have the opportunity to be considered for this role after graduation.

Student Minds commits to regularly consult with members and provide immediate notice of any developments or changes that may affect groups.

Campaign Committee Form 2018/19

|  |  |
| --- | --- |
| University: |  |
| Group Name: |  |
| Name and role of the individual returning this form: |  |
| Committee starting date (or handover date): |  |

### Elected Group Leader

If the new Group Leader (President/Coordinator) has not been elected yet, please provide details for when they will be in post. If the current leader will remain in post please retype details here.

|  |  |
| --- | --- |
|  Full Name |  |
|  Role |  |
|  University Email |  |
|  Personal Email |  |
|  Contact Preference  |  University Email / Personal Email |
|  Phone Number |  |
|  Date of graduation: |  |

### Committee Members 2018/19

Please provide a full list of the committee members for the upcoming year. By adding their details, you confirm they have each read the terms outlined in this document and agree to Student Minds using their data for the purposes specified below.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name | Committee role | Personal email | University email | Mobile number | Date of graduation |
|  |  |  |  |  |  |

### Welfare Officer (Students’ Union) Contacts

Provide details for the incoming Welfare Officer (or equivalent) that will be in office for the upcoming year. If you don’t know their details, the Students’ Union website or reception staff should be able to help you.

|  |  |
| --- | --- |
|  Welfare Officer Name (Sabbatical Officer)  |  |
|  Students’ Union Email |  |
|  Telephone Number |  |

### Key University Contacts

We like to know who you are in contact with so that when we update staff on key projects and achievements we are talking to the right people! Please provide details for the key contacts you currently have and what support they offer the group.

|  |  |  |
| --- | --- | --- |
| Name | Role | Email |
|  |  |  |

### Data protection

Any personal data relating to the named individuals in this document will be used solely in accordance with current UK data protection legislation, and will not be disclosed to a third party without the individual's prior consent. Any personal data is confidential and will be used by Student Minds to: provide or administer activities related to the campaign group; to provide individuals with information about our plans or opportunities we hope will be useful and interesting to them, and may include fundraising updates; to improve individuals’ experience with us; and help us to properly maintain our records. Individuals’ details will also be used to populate an alumni mailing list after the specified graduation date and individuals may opt out of this at any time.

# Please return this form to campaigns@studentminds.org.uk.