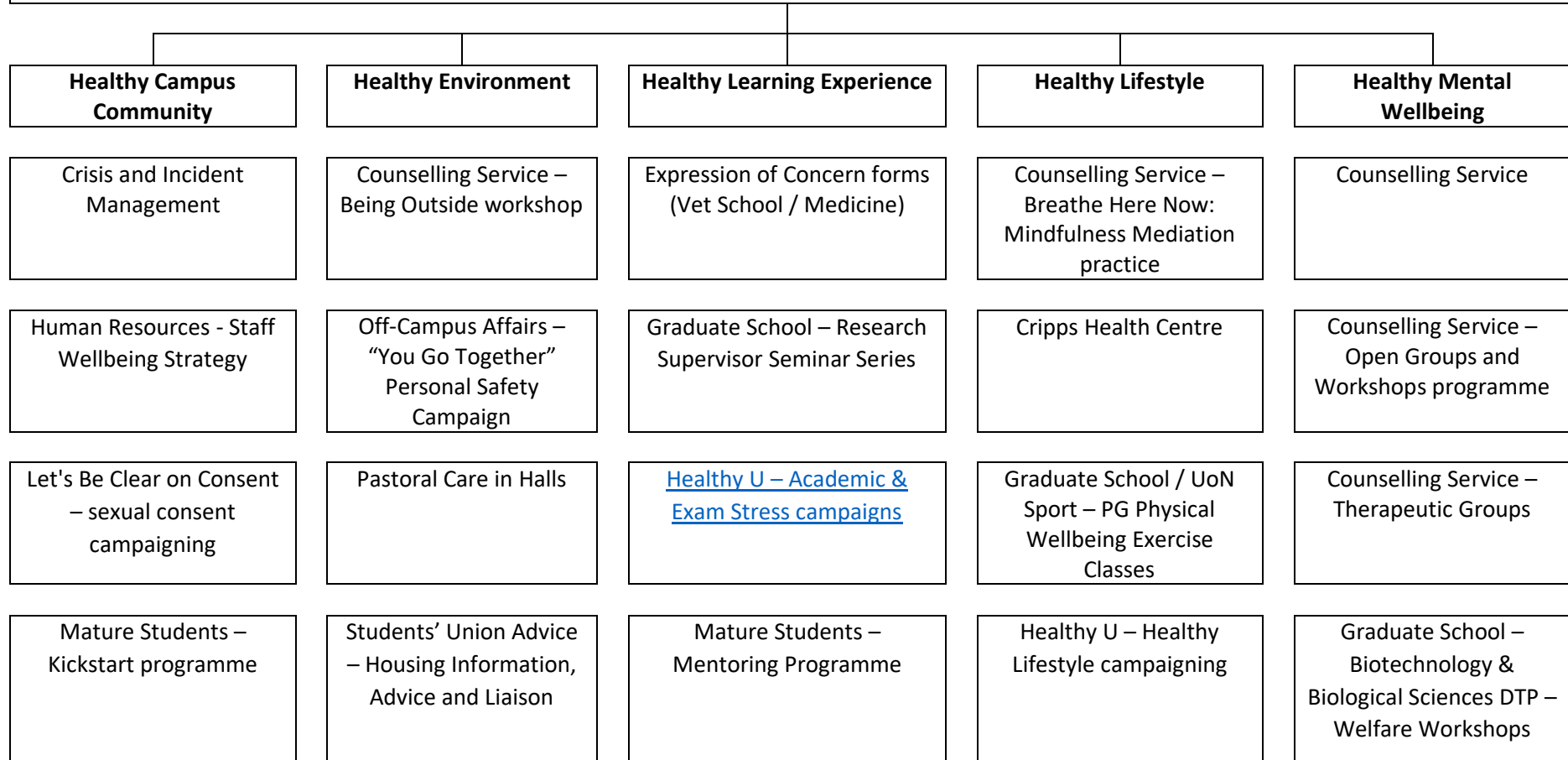


## University of Nottingham – Student Health and Wellbeing Strategy

We will enhance our students’ experience at Nottingham by creating a sustainable, consistent and empowering University culture where integrated, holistic health and wellbeing support helps students to make their own informed choices – developing their confidence, knowledge and resilience so that they can be successful during their studies and continue to thrive post-graduation.



Healthy Campus Community	Healthy Environment	Healthy Learning Experience	Healthy Lifestyle	Healthy Mental Wellbeing
Off-Campus Affairs – Hello Neighbour Campaign	Students' Union – Conservation Society	Peer Mentoring	Students' Union Advice – Money & Debt Advice	Graduate School - M3C DTP – How to take care of yourself as a researcher
People and Culture Events Calendar	Students' Union – Night Owls volunteering project	Personal Tutors	Students' Union – Easy Tiger volunteering project	Graduate School – PGR Mental Health Management Platform digital project
Students' Union – Culture Shock Training		Personal Tutors – School of Health Sciences model	UoN Sport – Healthy Lifestyle Campaigning	Graduate School – UK Council for Graduate Education PG Mental Health and Wellbeing working group
Students' Union – Global Buddies volunteering project		Placement briefing session (Bioscience)	UoN Sport – Intra Mural Sport programme	Healthy U – Mental Health and Wellbeing campaigning
Students' Union – Welcome Mentors volunteering project		Resilience-Based Clinical Supervision for Graduate Entry Nursing Students (Health Sciences)	UoN Sport – Social Sport Programme (Engage)	"Look out for each other" - SB student-led project
UoN Sport – Inclusive Sport programme		<a href="#">School Welfare Officers</a>	UoN Sport – Sports Facilities & Membership	<a href="#">Mental Health First Aiders</a>

Healthy Campus Community	Healthy Environment	Healthy Learning Experience	Healthy Lifestyle	Healthy Mental Wellbeing
UoN Sport – Tri Campus Games		Self-Care / Resilience taught materials (Agriculture, Dietetics)	UoN Sport – Sports Injury Clinic	Mental Health Advisory Service (MHAS)
		Students’ Union Advice – Academic Advice & Representation	UoN Sport – Strength and Conditioning support	MHAS and the Primary Care Recovery College
		Widening Participation – Support for Care Leavers	UoN Sport – Student Sports Clubs	School of Health Sciences – The Bridge Network project
				Students’ Union Advice – Mental Health support
				Students’ Union – Nightline volunteering project
				Students’ Union – Student Minds student group

**Underpinning principles**

Collaboration, cohesion and consistency	Education	Research	Visible to all
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