Time to Change

POLICY RESPONSIBILITY: Welfare Officer
CONTACT: welfare.officer@sheffield.ac.uk

This Students’ Union notes:
1. The incidence of students experiencing mental distress at University is alarmingly high, with 20% of students considering themselves to have a mental health problem and 13% experiencing suicidal thoughts.
2. Approximately 25% of people in the UK experience mental health problems in their lives yet it is still stigmatised: 87% of people with experience of mental health problems said that discrimination/stigma had negatively impacted their lives and two thirds had stopped doing things because of discrimination/stigma.
3. “Time to Change” is a national campaign that aims to end stigma associated with mental illness. The Students’ Union and The University of Sheffield signed the Time to Change Pledge in 2014.

This Students’ Union resolves to:
1. Provide students with support, advice and signposting to mental health services;
2. Build an inclusive working environment for students and staff that encourages discussion of mental health;
3. Work with groups in the city and nationally on student mental health campaigns;
4. Encourage student leadership of our focus on mental health and provide staff support for this;
5. Improve the wellbeing of students by supporting self-care and healthy living;
6. Work with the University on best practice, pledge implementation and information exchange.
7. NUS (2013) Mental Distress Survey

FOOTNOTES:
http://www.time-to-change.org.uk/about-us/our-campaigns (last accessed: 05/01/2016)
http://www.sheffield.ac.uk/hr/equality/focus/ttc (last accessed: 05/01/2016)

POLICY HISTORY:
This policy was approved by Students’ Union Council in February 2016.
This policy is next due for review in November 2018.