



### **Mental Health First Aid**

**This Union notes** that mental health has become a pressing and current issue with students. With mental health issues becoming more acceptable in day to day conversation the amount of people seeking help is rising. However, knowledge of mental health is not as widespread as physical health such as first aid knowledge. This can cause issues with identifying those who are most at risk and those experiencing unhealthy levels of stress.

**This Union believes** that students and staff should be given the best tools to ensure those experiencing mental health issues get identified in the early stages. This will reduce the amount of drop outs and ensure that care is accessed early to prevent conditions affecting the student's education.

**This Union resolves** that mental health first aid training should be offered to students and university staff to allow them to identify those at risk and to also understand basic triggers and how to help students suffering from poor mental health access the best possible care.