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| Name of the initiative <i>Give a brief descriptive name for the activity or initiative you were involved in organising related to mental health and well-being</i> | Mental Health & Wellbeing Teams Channel |
| Target group <i>Was it aimed at all students or staff or a particular group?</i> | This was aimed at all library staff |
| Description <i>Give a short description of what was involved in organizing the activity or initiative.</i> | We created a specific Teams channel where we post, and encourage others to post, any useful tips, advice or information that will help staff manage their mental health and wellbeing. |
| Partners <i>Was this solely run by the library or were other stakeholders involved, and if so how? Were students involved in planning the session, if so, how?</i> | This was solely run by the library, and came from a staff forum where we discussed the wellbeing offers available from the institution. |
| Strategy <i>How, if at all, was the activity linked into wider library or institutional strategy?</i> | The library has a large number of mental health-related absences, so this was created to help people become more aware and take better care of their mental health & wellbeing. This also links into the institution's 'People Plan'. |
| Evaluation <i>How, if at all, was the activity evaluated?</i> | No official evaluation, but many people engage with these posts and find them useful. |
| What worked <i>Colleagues are looking for tips to help them run their events more effectively, what tips would you share to someone wanting to repeat what you have done?</i> <i>If applicable, please include how many people attended (if an event) or engaged (e.g. website clicks) or another appropriate measure for your initiative. Did this match expected engagement?</i> | Having a designated space for people to discuss these issues, and share things that they have found useful for their own benefit. |
| What did not work <i>What you would change if you were doing it again? Sharing what did not work can be as useful to help others as what did work.</i> | As this was set up by one person and they create the majority of posts, it's been difficult to encourage others to initiate posts as it feels like there's a sense of 'ownership'. The more varied the posters the better. |
| Photo <i>Are there any photos you can share that give us a feel for the initiative?</i> | Examples of posts below |
| Resources <i>Is there a URL related to the initiative?</i> | N/A |
| Your name, institution and contact details. – Dean Brown, University of Salford, d.a.brown2@salford.ac.uk | |

Are you willing to share your contact details to other ALN staff so if they want to find out more they can contact you directly? YES

Random Acts of Kindness Day

Hi [The Library, Careers & Enterprise](#)

I wasn't aware until just now, but today is [Random Acts of Kindness Day](#)!!

Their theme for this year however is: **Make kindness the norm**. So even when this day is over let's still think of all the ways in which we can show & promote kindness to others... And ourselves!! 😊

There's even a full [12 month kindness calendar](#) to provide ideas throughout the whole year!!

[See less](#)



Wellbeing Resources

Congratulations to all of those still hanging around on Xmas Eve [The Library, Careers & Enterprise](#)!! 🍷

Just a reminder that whilst the university is closed over the festive period, there are still a wide range of services available to provide you with support for your mental health & wellbeing needs.

All of our services can be found [here](#), including the website and phone number for Care First, who offer 24/7 support all year around.

Hope everybody has a safe and restful Xmas & New Year 😊

[See less](#)



Brew Monday

Hi [The Library, Careers & Enterprise](#)

The third Monday in January is often known as Blue Monday, and [Samaritans](#) are using this year as an opportunity to highlight the fact that feeling 'blue' isn't something you can schedule.

We all have our good and bad days, so why not use today to grab a brew and have a chat with a friend or family member? Catch up with the people you care about. 😊 ☕

Upcoming Virtual Support Session - Tuesday 30th November

Good morning [The Library, Careers & Enterprise](#)

The Access to Work Mental Health Support Service (delivered by Remploy), is running another Virtual Support Session on Tuesday 30th November where you can gain expert advice and support which includes: a wellbeing plan to help you stay in, or return to work, workplace adjustments, coping strategies and more.

Booking information can be found [here](#). 😊