

<p><b>Name of the initiative</b> <i>Give a brief descriptive name for the activity or initiative you were involved in organising related to mental health and well-being</i></p>	Wellbeing Collection
<p><b>Target group</b> <i>Was it aimed at all students or staff or a particular group?</i></p>	All library users, reflecting our wide demographic range by including family/parent and child-friendly books alongside student/general books.
<p><b>Description</b> <i>Give a short description of what was involved in organizing the activity or initiative.</i></p>	Gathering and acquiring titles for a collection of books and e-books including self-help, information and novels.
<p><b>Partners</b> <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></p>	<p>Student suggestions were requested and included in our acquisitions.</p> <p>We also worked with another department, the Life Lounge (our mental health service)</p> <p>The Library as part of <a href="#">Bolton Health Information Partnership (BHIP)</a> received a number of Reading Well titles from Bolton Libraries and Museum Services which were added to the Wellbeing collection.</p>
<p><b>Strategy</b> <i>How, if at all, was the activity linked into wider library or institutional strategy?</i></p>	<p><a href="#">University Mental Health and Wellbeing Strategy</a></p> <p>Library Plan 21-22 references the development of a Wellbeing area of the Library and the Collection.</p>
<p><b>Evaluation</b> <i>How, if at all, was the activity evaluated?</i></p>	We haven't formally evaluated but have the ability to based on metrics
<p><b>What worked</b> <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></p> <p><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></p>	<p>We regularly post about the resources to remind students about them (e.g. blog/website, social media).</p> <p>We can see from statistics that some of the most popular areas are Happiness, Eating Disorders, Loss/Grief, and Living with Medical Issues.</p>
<p><b>What did not work</b> <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></p>	

**Photo**

*Are there any photos you can share that give us a feel for the initiative?*



**Resources**

*Is there a URL related to the initiative?*

<https://libguides.bolton.ac.uk/wellbeing>

**Your name, institution and contact details.**

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**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?**