

Activity name <i>Give a brief descriptive name for the activity you were involved in organising related to mental health and well-being</i>	Switch off Zone
Target group <i>Was it aimed at all students or staff or a particular group?</i>	All students
Description <i>Give a short description of what was involved in organizing the activity.</i>	Created a quiet area in the library to take a break from study/exam stress. Comfy chairs, coffee tables, mindfulness word searches, jigsaws and colouring activities. Windowsill with plants. Leaflets signposting to well-being support on and off campus. Situated next to our Reading Well (Books on Prescription) collection
Partners <i>Was this solely run by the library or were other stakeholders involved, and if so how?</i>	Library only
Strategy <i>How, if at all, was the activity linked into wider library or institutional strategy?</i>	Linked to University student well-being strategy
Evaluation <i>How, if at all, was the activity evaluated?</i>	N/A however you could leave satisfaction forms on the tables if wishing to gain feedback
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>	The space we chose was already a silent study zone which helps to keep the switch off zone a calm and quiet space, perfect for individual relaxation. Use printable sheets rather than buying full colouring or mindfulness books to keep costs down. Ask staff to donate unwanted plants and picture frames
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>	If students are needing to talk to a friend or library staff, the area is not particularly suitable with it being a silent zone. We can walk around the corner however away from this zone if needing an in-depth 1-1 chat and some support/signposting
Resources <i>Is there a URL related to the initiative?</i>	https://www.hull.ac.uk/choose-hull/study-at-hull/library/services/disability-services/inclusion
Your name, institution and contact details. Katie Austin, University of Hull, katie.austin@hull.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	