

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>	Set up a "Well Being" area in the library with comfy furniture, leaflets about various mental health issues, guides and tips to improve well-being. Signposting to other support within the university and externally.
Target group <i>Was it aimed at all students or staff or a particular group?</i>	Students using our campus.
Description <i>Give a short description of what was involved in organizing the activity or initiative.</i>	Liaised with other library staff, spoke to the University well being advisor and gathered ideas and materials. Got literature from a local MIND charity.
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>	Advice and literature from well being department. Feedback from Staff student liaison meetings.
Strategy <i>How, if at all, was the activity linked into wider library or institutional strategy?</i>	Signposting to other departments that support mental health and in response to feedback about creating more spaces to support those who need it.
Evaluation <i>How, if at all, was the activity evaluated?</i>	Had some positive comments from students I have asked about it. Tried to keep the area as a positive, peaceful, safe space to de-stress. It wouldn't be appropriate to get feedback as want people to be able to use it in peace without being bothered.
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>	Speak to as many people as possible involved to get help and read around the subject. Got the idea from attending a previous ALN event.
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>	Nothing so far!
Photo <i>Are there any photos you can share that give us a feel for the initiative?</i>	No
Resources <i>Is there a URL related to the initiative?</i>	No

**Your name, institution and contact details. Nicola Darrah University of Chester Kingsway campus LRC library.
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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? yes