Academic Libraries NORTH

Mental Health and Well-being Advocacy Resource: Template

Name of the initiative *Give a brief descriptive name for the activity or initiative you were involved in organising related to mental health and well-being*	How to Bounce Back and Build Your Resilience (webinars and face-to-face workshops)
Target group *Was it aimed at all students or staff or a particular group?*	Students
Description *Give a short description of what was involved in organizing the activity or initiative.*	I worked with a colleague in the School of Health and Society whose specialism is academic resilience. We developed the session content together.
Partners *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?*	This was run by the Library.
Strategy *How, if at all, was the activity linked into wider library or institutional strategy?*	Student wellbeing is a priority at the University of Salford. In addition, initiatives that support the retention, progression and achievement of students are a key aspect of university strategy.
Evaluation *How, if at all, was the activity evaluated?*	A pilot study was conducted and resulted in an evaluative paper written for SEDA, which enabled us to assess the impact of the intervention. Workshop evaluation forms ae used in each session.
What worked *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?* *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?*	Work with others, both internal and external who have expertise in the area that you want to get involved in. This is invaluable for peer support and feedback as well as adding credibility to your initiative. Team briefings and peer observation of teaching is really useful, especially if colleagues are unfamiliar with the content. Since 2018, almost 700 students have attended the workshops. I also created an eLearning version and within the first 3 months of its launch, around 620 students had completed the training.
What did not work	In the early sessions, a video about failure was shown but it was American, too long and the student feedback suggested that a video featuring

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.	real Salford students would be better, so it was changed.
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?*	

Your name, institution and contact details. **Viv Bell** **University of Salford** **v.bell@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**