

<p>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></p>	<p>University of Manchester Library:</p> <p>(1) Building a Counselling & Mental Health collection</p> <p>(2) Building a Wellbeing collection</p>
<p>Target group <i>Was it aimed at all students or staff or a particular group?</i></p>	<p>Aimed at staff and students</p>
<p>Description <i>Give a short description of what was involved in organizing the activity or initiative.</i></p>	<p>(1) To update and enlarge the collection of library resources recommended by the University Counselling Service; to create an online reading list for these items; to identify a mechanism to keep the list updated.</p> <p>(2) To create a collection of library resources relating to wellbeing topics; to create an online reading list for these items; to identify a mechanism to keep the list updated.</p>
<p>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></p>	<p>(1) The Counselling Service created a list of 48 resources which the Library acquired some years ago. In 2020 the Library compiled a list of ~500 titles (based on those promoted by Reading Agency / Reading Well, Bibliotherapy offerings at the NHS and at other HEI libraries etc) and shared the spreadsheet with the Counselling Service. We then worked with the Counselling Service to select titles and update and enlarge their recommended list. Tranche 1 comprised 98 titles which we bought for the Library and for which we created an online reading list (using topical headings requested by the Counselling Service).</p> <p>(2) The Acquisitions Manager then used the same spreadsheet to identify high priority titles from those that hadn't been selected by the Counselling Service, to develop a Wellbeing collection at the Library. Criteria included: those relating to self help guide topics, topics listed on aggregator curated collection sets for wellbeing or mental health items, etc). We bought ~400 titles and again created a reading list for this collection.</p> <p>Both sets were bought by the Library using our Collection Development Fund.</p>

Strategy <i>How, if at all, was the activity linked into wider library or institutional strategy?</i>	The activity ties into the 'Engaged students' theme within the Library strategy, Imagine 2030 . The strategy has 3 strategic programmes and this project links to: Our Library (priority area: Our Students) and National Research Library in the North (priority area: Manchester Modern Collections).
Evaluation <i>How, if at all, was the activity evaluated?</i>	Project is not yet complete so not yet evaluated.
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>	<ul style="list-style-type: none"> •Working with the Counselling Service ensured that the collections that we were building were based on expert recommendations, relevant and up to date.
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>	<ul style="list-style-type: none"> •We tried to buy titles digitally (and in print) whenever possible. However, the majority of these titles are not available to purchase electronically. •We started the project immediately prior to lockdown. During lockdown, with the purchasing team working remotely, we were unable to purchase print copies so the project was much delayed. •Counselling staff are in huge demand and finding available space in their calendars for meetings /updates has proved highly challenging (especially following changes in key personnel). We have the budget to extend the resources available via the Counselling list but are unable to do so until we secure meeting time with Counselling staff.
Photo <i>Are there any photos you can share that give us a feel for the initiative?</i>	Not as yet
Resources <i>Is there a URL related to the initiative?</i>	<ul style="list-style-type: none"> •Initially the resources were going to be promoted via the Library Supporting Wellbeing webpage. However, due to a reorganisation of the website, this page is no longer appropriate. I'm currently working with colleagues to identify a relevant web location that will achieve maximum exposure; I will send the URLs that promote the resources through as soon as I have them.
Your name, institution and contact details. Des Coyle, Acquisitions Manager, University of Manchester Library des.coyle@manchester.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