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*	Time to Talk Day Tea and Talk
Target group *Was it aimed at all students or staff or a particular group?*	Library staff
Description *Give a short description of what was involved in organizing the activity or initiative.*	One online and one in-person session to allow an open discussion around mental wellbeing. The format was very open, with snacks and drinks provided at the in-person session. We also brought resources from the Mind/Rethink Mental Illness Time to Talk webpages to kick-start discussions.
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?*	I reached out to the student wellbeing team who already had events planned for students. Therefore, this was organised solely by myself and my colleagues.
Strategy *How, if at all, was the activity linked into wider library or institutional strategy?*	This was a standalone event which fed into the wider library and institution initiative to enhance staff wellbeing. It is linked with the University's 6 Ways to Wellbeing under the themes of Connect, Give and Take Notice.
Evaluation *How, if at all, was the activity evaluated?*	I took verbal feedback from both events from attendees which I collated into a document. I made sure to keep all feedback anonymous due to the sensitive discussions.
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?*	Having a few resources to kick off conversations was helpful as it gave a starting point to the discussions. However, it also worked well that we didn't have a strict structure as this allowed people to dip in and out of the conversations when they felt most comfortable. I would recommend having a nice open room with a door that can not be seen through as this made the session feel more private for those wishing to discuss anything sensitive. We also made sure there were windows which could be opened and asked people to respect personal choice on face coverings and social distancing. People said this made them feel more at ease. Having the online and in-person option was good as we had feedback from a couple of people that

	they felt more comfortable doing this virtually, and vice versa. For the online event we had 6 attendees and for the in-person event we had 12 which was much more than expected as this was not something that had happened before.
What did not work *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 think going forward I would set aside more time for people or have more sessions as we unfortunately had to cut some discussions short due to room booking limitations. For example, have a drop-in running for a coupe of hours which people can come and go from.
Photo *Are there any photos you can share that give us a feel for the initiative?*	We did decorate the room with banners, had a table with drinks and snacks and a table with resources, then we laid out chairs in a sort of circular pattern, but allowed people to move them as they wished. We didn't take photos during the session as we wanted to maintain people's privacy.
Resources *Is there a URL related to the initiative?*	https://timetotalkday.co.uk/about/

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?

Yes, feel free to pass on my email address above.