|  |  |
| --- | --- |
| ALN Logo  **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* | 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**  *Was it aimed at all students or staff or a particular group?* | Students using our campus. |
| **Description**  *Give a short description of what was involved in organizing the activity or initiative.* | 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**  *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?* | Advice and literature from well being department. Feedback from Staff student liaison meetings. |
| **Strategy**  *How, if at all, was the activity linked into wider library or institutional strategy?* | Signposting to other departments that support mental health and in response to feedback about creating more spaces to support those who need it. |
| **Evaluation**  *How, if at all, was the activity evaluated?* | 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**  *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?* | 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**  *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.* | Nothing so far! |
| **Photo**  *Are there any photos you can share that give us a feel for the initiative?* | No |
| **Resources**  *Is there a URL related to the initiative?* | No |
| **Your name, institution and contact details. Nicola Darrah University of Chester Kingsway campus LRC library. n.darrah@chester.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** | |