

## **1986 World Mental Health Day** passed 3 November 16

Proposer: Chris Ball (Non-Portfolio Officer)

Secunder: Jack Robinson (Non-Portfolio Officer)

### **Union notes:**

1. That World Mental Health Day is held on the 10th of October annually.<sup>1</sup>
2. That date is frequently close to the start of the academic year, at which point there are a considerable amount of prearranged events.
3. That the Mental Health Matters Fayre saw considerable engagement with students and local organisations.
4. That the union currently has policy supporting mental health causes.

### **Union believes:**

1. That it is vital that as a Student Union we support and take action when it comes to student's mental health throughout the year.
2. Unlike other awareness days/ weeks/ months, there are few times and spaces to raise awareness and talk about student's mental health.
3. That student mental health is one of the most pressing issues on UEA's campus today.

### **Union resolves:**

1. To mandate the Welfare, Community and Diversity Officer to hold an accessible event for World Mental Health Day each year, and that this event be promoted during Freshers weeks.
2. That this event should include liaison with local charities and organisations that support mental health and wellbeing causes.
3. That this event must aim to be inclusive to liberation groups, and include relevant peer support groups.

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<sup>1</sup> <https://www.mentalhealth.org.uk/campaigns/world-mental-health-day>