



Candidate for the position of Non-Portfolio Officer (PT)



Izzy Hilton

Everybody deserves support!

Mental health is a topic that we as a society hear everywhere, online, in our courses, in our homes; and for very good reason, poor mental health is crushing and can make the most necessary of tasks feel impossible. This is why when I first came to UEA I was shocked to find there was not a student union mental health officer.



mental health support needs to be, especially in institutions as large and often challenging as universities. It is my opinion that UEA already has some amazing mental health services. My goal is to extend this support further using needs taken from the student voice as a guide.

I want to increase recognition of mental health issues and its effects within minority groups, as well as those who have not previously had access to wellbeing support, ultimately making sure anyone and everyone feels comfortable reaching out for help at UEA.

However, my passion for speaking out and advocating for those with mental health issues did not start at UEA, previously I have:

- Been Head girl of my sixth form and secondary school where I founded and chaired a neurodivergent and mental health support group to provide a safe space for anyone in need
- Participated in the Jack Petchey speak out challenge where I placed second nationally
- Been a youth ambassador for the public speaking charity Speakers Trust.
- Sat on (and currently sit on) the Jack Petchey Foundations youth consultation panel helping to lead the foundation in its efforts to support young people including with their mental health
- Worked as a student ambassador for UEA representing psychology and making mental health support at UEA known
- Attended parliament in January 2026 to represent young voices across the UK including on the topic of mental health and the need for change in many of the systems that surround it.

If elected I will set my sights on May's mental health awareness week and make it my goal to see how much more our university and community can campaign, fundraise, support and celebrate such an important week. But I don't believe mental health awareness should stop after May. When envisioning a future as your mental health officer I envision:

- support groups
- social events
- mentors that extend beyond your academics, especially for newer students
- wider access to counselling for those in need

If you believe in supporting, funding and raising awareness for mental wellbeing and those who struggle with it, vote Izzy Hilton as one of your non-portfolio officers in the upcoming elections because everybody deserves support and I aim to deliver it.



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union.info@uea.ac.uk
01603 593272



UEA Students' Union
Union House, University of East Anglia
Norwich, NR4 7TJ

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