



Glasgow
Kelvin
College



2025-27

Student Mental Health Agreement

Introduction

Glasgow Kelvin College and the GKC Student Association are committed to working collaboratively to help and support all students in developing resilience and positive mental health. Building on the success of the 2023–25 Student Mental Health Agreement has allowed us to identify and target areas where additional support is required to meet our commitments to our students.

The landscape within colleges has changed significantly in recent years, reflecting wider societal shifts. These changes have had a direct impact on our students, particularly in the type and level of support they require. The number of students disclosing a mental health condition before the start of the academic year continues to rise, and we have also seen an increase in in-year referrals for mental health support.

Our shared goal is to challenge the stigma surrounding mental health and to foster a culture of openness, resilience, and positive wellbeing throughout the College. We recognise that students' mental health and wellbeing are closely linked to their **educational success**.

College Duty of Care



The College has a statutory duty of care to provide a safe and supportive environment for all. However, it is important to recognise the limits and professional boundaries of the support Glasgow Kelvin College can offer.

The Student Association acknowledges the College's commitment to providing appropriate mental health support in a non-judgemental and discreet setting, within the limits of available resources.

As an education provider, the College has a duty to make reasonable adjustments when students disclose mental health issues. These adjustments are agreed collaboratively between the student and the College, following an individual needs assessment. Examples include, but are not limited to:

- Adjustments to the physical environment (e.g., changes to study areas or the introduction of quiet/reflection spaces)
- Changes to communication methods
- Modifications to assessment methods
- Extensions to assignment deadlines
- Adjustments to examination conditions (as agreed with the awarding body)
- Opportunities for temporary time out or suspension of studies

Students can access support from the college **Advice, Guidance & Learner Support** team by completing a **referral form**.

Our commitments - snapshot

1 College mental health campaigns	2 Student Association Mental Health and Wellbeing training	3 Increase all staffs Mental Health and Wellbeing knowledge
4 Develop networks with agencies and community organisations	5 Enhancing student Mental Health and Wellbeing support mechanisms	6 Campaigning for the extension of wellbeing role and service within the college
7 Joint working with Active Campus Co-ordinator	8 Delivering targeted wellbeing activities for students	9 Providing group counselling and group peer-to-peer support

Our commitments

Run college-wide campaigns to promote mental health, wellbeing, and student success.

We will achieve this by:

1. Supporting a minimum of 3 mental health and wellbeing campaigns annually.
2. Ensuring mental health and wellbeing are considered at all college events and supporting the development of new student clubs with wellbeing benefits in mind.
3. Promoting and raising awareness of internal college support, particularly through the Advice, Guidance & Learner Support department.

We will know we have achieved this when:

1. There are increased numbers attending, connecting, and interacting with college/national campaigns.
2. There is an increased number of students accessing support services.
3. Students provide positive feedback in the annual Student Satisfaction and Engagement Survey, indicating that Student Support Services met their needs and that new or existing student clubs contribute to wellbeing.

Why have we made this commitment:

It was shown through **research by think positive**, that students are most likely to have concerns about mental health at the start of their studies. 72% of the students cited their first year as being the most critical in relation to mental health and wellbeing.

We believe by promoting positive mental health early and throughout the year, we will have a positive impact on student mental health and wellbeing.

Feedback through the Student Association (Class Reps and Executive Team) as well as through support staff meetings with students has informed us that not only continuing the current college approach but increasing the volume and varying the methods of promotion will help towards the goal of student success.





Support the delivery of mental health awareness training to the Student Association Executive Team.

We will achieve this by:

1. Organising mental health awareness training for the GKC Student Association Executive Team.
2. Ensuring mental health awareness training is at the forefront of Student Association Executive Team training.

We will know we have achieved this when:

1. 100% of our Student Executive Team have completed the mental health awareness training.
2. Increased confidence and knowledge among the Executive Team, leading to more effective and higher-volume referrals to appropriate support services.

Why have we made this commitment:

Awareness of mental health and wellbeing is vital to our Student Association. This awareness training will ensure they are equipped with the basic understanding of issues facing the wider student cohort and where support can be sought both internally and externally.





Continuing to improve the knowledge and confidence of mental health and wellbeing strategies and support to all staff.

We will achieve this by:

1. Delivering wellbeing and resilience presentations to staff, highlighting purpose, strategy, and information to support our students each academic year.
2. Having a strong range of mental health & wellbeing training at our college CPD training days.
3. Encouraging all staff to complete the mental health training unit on the WorkRite training site.

We will know we have achieved this when:

1. We receive feedback from staff relating to their knowledge and skills increasing and confidence in assisting and referring students to support.
2. We see increased numbers of staff attending mental health and wellbeing training sessions.
3. When we see improved completion rates compared with previous years.

Why have we made this commitment:

Ensuring all staff are aware of their roles and college support strategies will make identifying and providing support quicker and more effective. Feedback through the college Academic Board group has indicated that through this approach, staff's awareness of support routes for students has increased and is helping with student retention.





Develop networks with other agencies and community organisations which support mental health improvement and wellbeing.

We will achieve this by:

1. Working with organisations who can deliver workshops, presentations and information relating to mental health & wellbeing to both staff and students.
2. Working with organisations to create partnerships and referral links used to support students in need.
3. We will continue to promote Glasgow Kelvin's mental health support offer through the Think Positive Hub.

We will know we have achieved this when:

1. Delivery of a range of workshops and presentations providing information, links and referral opportunities,
2. We continue to expand and update our wellbeing toolbox on our MyKelvin student app.



Why have we made this commitment:

Increasing our partnerships with external agencies has, and will continue to, impact positively the support available to our students. Specialised knowledge provided by these partners is vital to ensure students can access the required support which will help their mental health and wellbeing. Through these partnerships, college staff will also be able to feel more confident and supported within their roles to support our students.





Review, support and promote the further development of mental health support mechanisms available for students.

We will achieve this by:

1. Continuing to promote the support available from the Advice, Guidance & Learner Support department teams. This includes Advice & Guidance, Learner Support, Wellbeing Services and Counselling Services.
2. Continuing to expand and update our **wellbeing toolbox** on our MyKelvin student app.

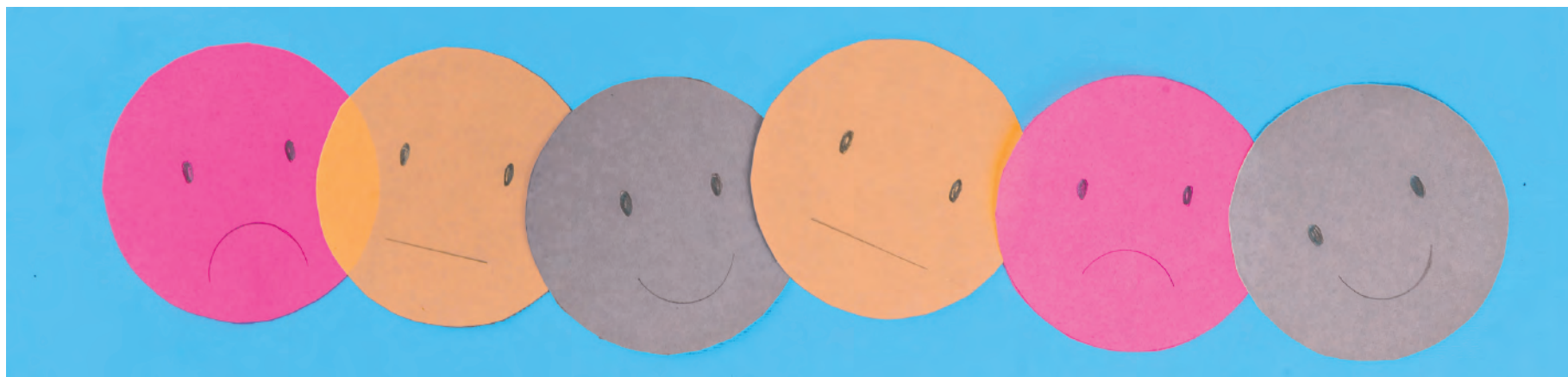
We will know we have achieved this when:

1. Our referral numbers increase.
2. Through data analysis we can determine whether the support given has had a positive impact to student retention and outcomes.
3. We see an increased usage of our wellbeing toolbox on MyKelvin.

Why have we made this commitment:

Data has shown that referrals to college support services have increased. This has helped the college retention rates which in turn will increase the chances of student success at an individual and college wide level.

As shown in the Mental Health Foundation **Thriving Learners report** “the general health of college students is noticeably lower than the Scottish overall population figure...”





Campaigning for the extension of wellbeing role and service within the college.

We will achieve this by:

1. Highlighting and campaigning the positive effect of having this role and service available internally in college.

We will know we have achieved this when:

1. The Wellbeing Service in the college is made permanent and becomes a core part of the future student support services.

Why have we made this commitment:

Since the introduction of the college Wellbeing Service, referrals have increased alongside the proactive work the service delivers to support students with early intervention. This has and is being successful and evidences the need for this service to remain to support students who may otherwise not receive the required support until in crisis.

Students have reported that uncertainty about the continuation of this role negatively impacts their mental health, as they are unsure if support will remain available.





Work with the college Active Campus co-ordinator to promote health and fitness alongside wellbeing.

We will achieve this by:

1. Promoting sports activities and clubs through the Active Campus Co-ordinator and Student Association.
2. Developing and delivering an engaging Wellbeing & Exercise student activity in each campus.

We will know we have achieved this when:

1. Numbers of students participating in or developing groups increases.
2. Numbers of students participating in exercise classes, afternoon sports sessions, and competing in college football/basketball teams have increased.

Why have we made this commitment:

There is a well-known connection between physical and mental health and wellbeing. By working closely with the Active Campus Co-ordinator, we aim to increase participation in physical activities, wellbeing events and creating a social connection amongst students.





Develop and deliver wellbeing activities focusing on student needs and current trends.

We will achieve this by:

1. The holistic group members liaising to ensure activities are relevant, required and at the right level for our students to support engagement.
2. Promote activities through a variety of mediums to ensure inclusiveness, and opportunity for all to attend.

We will know we have achieved this when:

1. The numbers attending activities increase and positive feedback from students regarding the success of the activities.
2. Our students have an increased level of knowledge and confidence relating to activities they have attended or took part in, allowing them to self-support as well as feel comfortable referring to college support services.

Why have we made this commitment:

We have numerous students facing issues relating to similar topics. By delivering activities to groups, we can target larger numbers of students making support faster and quicker as well as building social wellbeing amongst students.





Co-ordinated and deliver group mental health sessions including peer support groups and class group counselling.

We will achieve this by:

1. Deliver weekly peer support group sessions, led by college students and facilitated by the Student Association.
2. Running a class group counselling pilot with a targeted class, running over 4-6 weeks. Group work sessions then to be rolled out to other classes.

We will know we have achieved this when:

1. We see a continued attendance by students at the peer support group, and we receive positive feedback from attendees.
2. Students from a variety of course areas attend the counselling group across 4-6 weeks and provide positive feedback.

Why have we made this commitment:

Through verbal feedback to Support Services and the Student Association, we see numerous students with similar struggles. Whilst support is available in college there can be a waiting list which, for some, can be a deterrent which earlier access through group work would ease. Group work through Student Association peer support group or college counsellors in class group sessions will help to support students with similar, low-level issues.





Our commitments have been identified and agreed by The GKC Student Association and college support staff following student feedback, Student Association knowledge and reviewing student referral topics, as well as through research conducted by different external organisations, including Think Positive

This Student Mental Health Agreement will be live until the next update in 2027.

Signed by Student Association

Signed by college rep/Principal





Main address:
123 Flemington St
Glasgow G21 4TD
T: 0141 630 5000