

kclsu
Our Students' Union

KING'S
College
LONDON

**Students as Partners: Co-creating a
community of good wellbeing**



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Students as Partners

- What is wellbeing?
- Our model of student support
- How we partner with students
- Key takeaways



What is wellbeing?

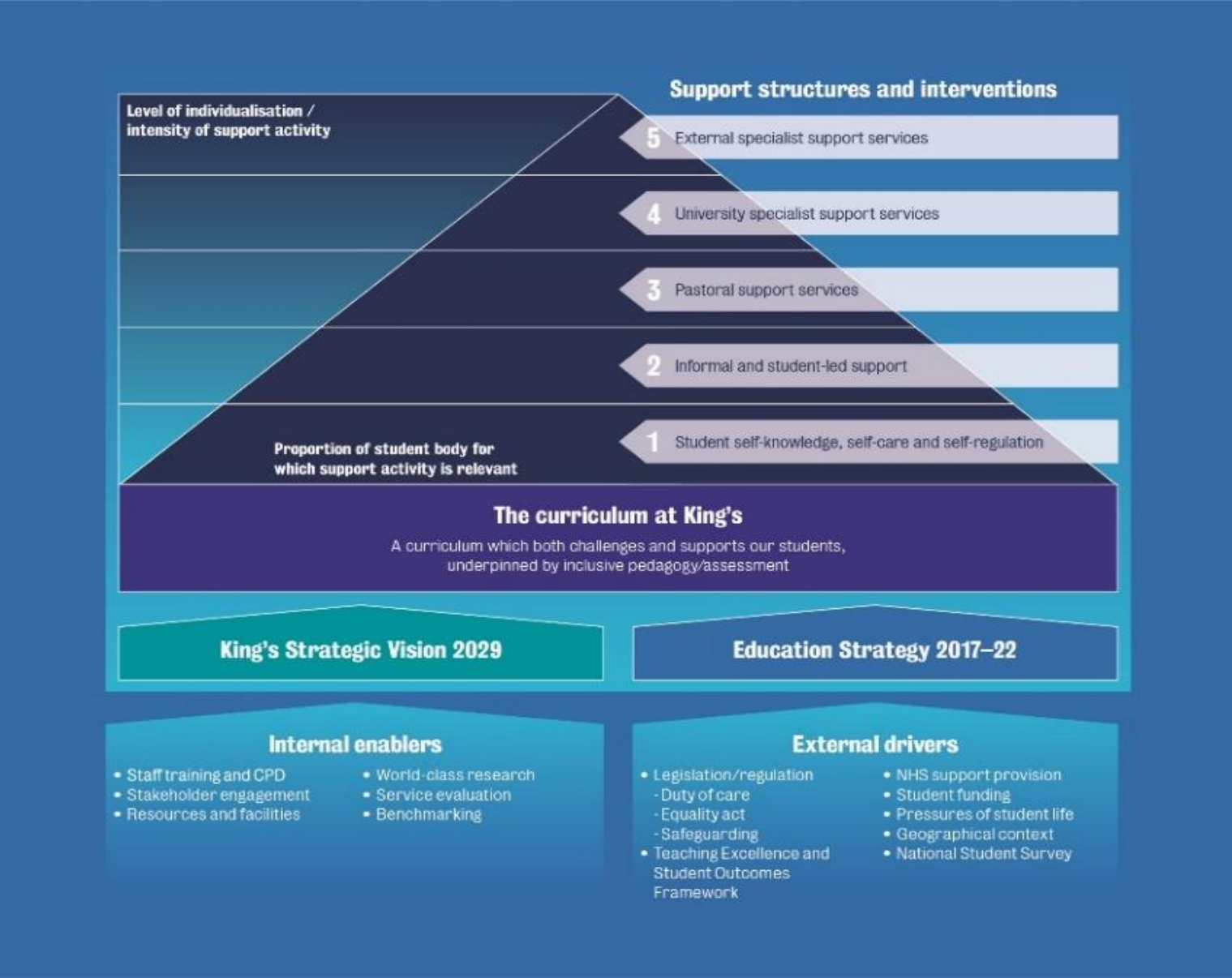
K Keep Moving

I Invest in Relationships

N Never Stop Learning

G Give to Others

Savour the Moment



Our model of support

- A more holistic, whole-university approach to support student mental health and wellbeing.
- Relevant levels of support are highlighted ahead.

KCLSU WELLBEING AIM

**King's & KCLSU work together so
'Students are empowered to build a community
of good wellbeing where they feel able to
support themselves and others to thrive'**

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- **wellbeing activities and resources** that students co-create so that good wellbeing is accessible for all students, no matter their background
- consistent, high quality **peer support** throughout the student journey

KCLSU Wellbeing supports Levels 1-3 of the King's Model of Student Mental Health & Wellbeing Support in the Student Mental Health & Wellbeing Report & Strategic Plan.

Wellbeing Activities & Resources

Wellbeing Initiatives
(Level 2)

Online
Wellbeing
Hub (Level 1)



**Community
Wellbeing
Initiatives**

run by KCLSU/KCL



**Student-Led
Wellbeing
Initiatives**

run by students



**Partner
Wellbeing
Initiatives**

run by KCLSU/KCL
and students



**Wellbeing
resources,
activities &
events**

co-created with
students

Throughout academic year

World Mental
Health Day Rise
Festival
(October)

Wellbeing Week
(November)

Take Time Out
(January)

University
Mental Health
Day Rise Festival
(March)

Take Time Out
(May)

What is KCLSU Wellbeing?



kclsu
Wellbeing

Peer Support

**Positive Peers
(Level 3)**

**Black
Students
Talk (Level 3)**

**Peer
Mentoring
(Level 2)**



**Peer Health
Education
Team**

education/outr
each for all
students
(Thrive and
Cooking &
Conversation)



**Peer-Run
Support Team**

one-to-one &
group support
for those
experiencing
difficulties
(Positive Minds)



**Engagement
& Online
Support Team**

social media,
blogs, podcast,
newsletters,
Make Do Play
sessions



**Black
Students
Talk**

peer support
for black
students only



**Peer
Mentoring
Programmes**

supported in
partnership
with faculties

All teams run King's Check-Ins at start
of Terms 1 and 2

What is KCLSU Wellbeing?

KCLSU Wellbeing 2021/22 Snapshot

225 Wellbeing
Initiatives

222 Wellbeing
Leads

Wellbeing Hub
achieved 44,000
page views

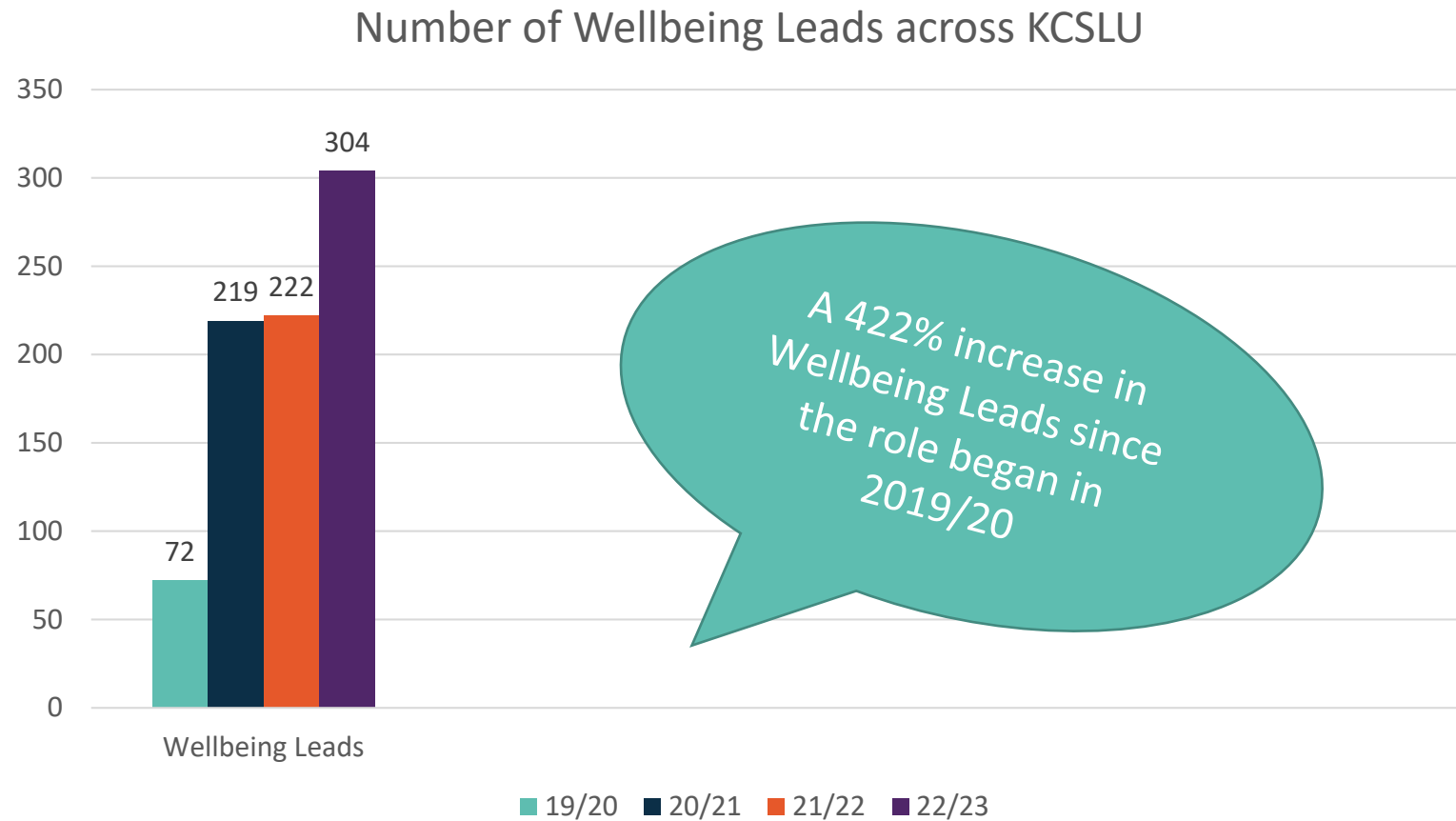
Over 4,000
students were
supported

245 students
completed 'Look
After Your Mate'

89.5% of students
said these initiatives
improved their wellbeing

95% of students
said they would attend
another wellbeing event

Wellbeing Leads



KEY TAKEAWAYS

- ✓ Students should be recognised as contributing to creating communities of good wellbeing.
- ✓ Equipping and empowering student leaders takes:
 - ✓ Improved health literacy and knowledge (training)
 - ✓ Ownership (structure)
- ✓ Students want to be part of a whole-university approach
- ✓ More research is needed to better-understand the efficacy of this work.



ESRC Funded PhD Research:

Peer Support Study

University Peer Support: Can non-professional interventions improve student mental health & wellbeing?



RATIONALE

There is currently no exhaustive research reviewing the peer support interventions evaluated in university settings.

Evaluation and engagement of the programmes that do exist are also disparate making it difficult to understand how peer support affects student mental health or wellbeing, if at all.

University Peer Support PhD Project

1

**Systematic
Review**

What current practice exists in university peer support for student mental health and wellbeing?

2

**Thrive Pilot
Study**

3

**Staff
Perspectives
Study**

4

**Barriers &
Assumptions
Study**

What do university students understand peer support to be and what factors influence if they access it?