

## Wellbeing Champions

### Network Member

#### *Role description*

As part of the Student Mental Health and Wellbeing Strategy, Wellbeing Champions will assist in creating a safe, inclusive, supportive and respectful culture that is conducive to optimal mental health and wellbeing. University of Adelaide Wellbeing Champions will, where possible, support and contribute to the implementation of actions that will assist in realising the vision of the Student Mental Health and Wellbeing Strategy. This includes helping to build community awareness and student and staff capacity, contributing to improving students' learning experience and university culture, and assisting the delivery of services by referring people through the correct pathways within the University.

#### *What will being a Wellbeing Champion involve?*

- Act as a point of connection for students and colleagues by optimising communication between students, colleagues and support services appropriate to each group.
- Demonstrate passion for wellbeing through an approachable attitude, and openness to having conversations about wellbeing with students and staff.
- Be willing to be adequately trained to recognise signs of poor wellbeing early, initiate conversations and be available to engage, briefly support and refer students and staff to support services and resources.
- Act as a role model through a visible commitment to student wellbeing and actions that create a safe and collaborative atmosphere for staff and students.
- Support practical steps to raise awareness of mental health and wellbeing, including signposting wellbeing resources to both staff and students.
- Promote health and wellbeing campaigns, events and messages through relevant channels, including during classes, lectures or within courses, when appropriate.
- At every opportunity, provide advice and feedback from students and staff, when appropriate, to discussions about teaching and learning, policy development, and curriculum design.

*Wellbeing Champions will not:*

Provide counselling services or engage in individually advocacy for students.

*What skills do Wellbeing Champions need?*

Training will be provided in Mental Health First Aid alongside opportunities to connect with network members and other relevant resources.

*What time commitment is required?*

Mental Health First Aid training will be mandatory and requires a 2-day commitment. There will also be 4 network meetings per year to share information, connect with colleagues and explore new resources or information. Outside these times, Champions will need to have some flexibility to allow them to function as a point of connection when the need arises. Agreement from your manager or leader is required to apply. Champions need to commit to 12 months minimum as part of the network to give adequate time for the role have real value.

*Training provided*

Mental Health First Aid training will be provided to all Wellbeing Champions. Training with other network members will also help to connect us as a group and share best practice across our community.

*Resources provided*

Posters will be provided to Wellbeing Champions following the first meeting. Displaying these in visible locations like outside office doors is a really practical way to begin challenging stigma and increasing wellbeing visibility for both students and staff.