

9.5. R.9 – A Motion to Have the Students’ Association Sign the See Me Scotland Pledge to End the Stigma on Mental Ill-Health

This SRC Notes:

1. That one in four in Scotland will experience a mental health problem at some time in their lives;
2. Up to two thirds of people will recover from long term mental health problems;
3. A Scottish Executive survey found that 41% of all respondents said that they would not want anybody to know if they developed a mental health problem;
4. Only 20% of students surveyed by Student Minds felt comfortable approaching University Counselling Services with their problems; and
5. Studies from the US and Australia suggest that less than 25% of students experiencing psychological distress received counselling.

This SRC Believes:

1. That the stigma attached mental ill-health creates barriers to access to support services; and
2. That the Students’ Association, in working towards supporting all students, has an obligation to reduce or eliminate stigma of mental ill health.

This SRC Resolves:

1. To support the Students’ Association’s signing the see me Scotland pledge to end the stigma on mental ill-health;
2. To charge the SRC Wellbeing Officer and the Director of Representation to undertake a campaign to empower students to control their own mental health, to increase awareness of access to support services for students, and to break the stigma on mental ill-health;
3. To direct the Director of Representation and the Association President to lobby the University to sign the see me Scotland pledge at the organisational level; and
4. To take steps to promote volunteer wellbeing amongst the student officers within the Students’ Association.

Proposed by Mr Woodhouse, seconded by Ms Hill.