

Student Mental Health Agreement

2026 – 2029

The University of Aberdeen and the Aberdeen University Students' Union are committed to working in partnership to deliver initiatives and systemic changes to improve the mental health and wellbeing of all our students through our Student Mental Health Agreement.

Students' mental health and wellbeing are vital in their pursuit of academic success and a positive student experience. To ensure our students feel, and are, supported, included, and empowered, this agreement sets out how the University and Students' Union will work together to strengthen and promote student mental health and wellbeing.

Through our shared approach, we will ensure that University systems and processes are conducive to wellbeing, while helping students prioritise their mental health, understand how to access support, develop essential wellbeing skills, and feel confident in doing so throughout their student life.

Key working area and themes will be set on a three-year cycle, with annual action plans that align with wider institutional priorities such as Aberdeen 2040, the Wellbeing strategy, and the Students' Union strategy. Leads from the University and Students' Union will champion partnership working and ensure continuous progress.

The Student Mental Health Agreement 2026 – 2029 reflects the University's and Students' Union's joint commitment to work on these key areas:

- Embedding wellbeing within the curriculum
- Tackling stigma and fostering an open culture around mental health
- Improving communication and awareness of available support

By working in partnership, the University and Students' Union commit to shared responsibility and ownership of student wellbeing. This includes co-designing and agreeing themes, key working areas, and measurements for successes, which will be reported back on through updates to both our students and University committees for transparency and accountability. Student feedback and lived experience will inform work done through annual action plans that build on each other year-on-year to achieve our targets.

Signatures:



University of Aberdeen Principal



Students' Union Vice-President for Welfare

Date: 18/2/26