Mental Health and Wellbeing

What AUSA is Doing
The mental health and wellbeing of all students of the University of Aberdeen is of paramount importance to AUSA.
Current Sabb Campaigns:

• Peer-peer support
• Sports Union membership
• We Get It!
• Healthy Body, Healthy Mind
• This Girl Can
• Health Clinics
AUSA Student Advice Centre

We offer advice on:
Accommodation
Part-time Employability
Academic Issues
Studying and Exams
Finance
Health and Wellbeing (including mental health, sexual health, and health clinics).
As of October 2016: 342 “Calls” (phone calls, instant messages or anonymous emails), Totalling 5536 minutes, Average call length: 16.19 minutes.
Ratio of call types Nightline have received for each issue
Working with…

The Mental Health and Wellbeing Strategy Team
• Shared resources
• Joined up communications
Thank you