

Maddy Southey – Mental Health & Disabled Students’ Welfare

GOALS FOR THE YEAR

Improving mental health services and provision for disabled students in college, including the establishment of a support system for all students supporting others with their mental health and looking into improving accessibility of Trinity venues; Organising events to help spread awareness and openness about mental health issues; Working with the rest of the welfare team to continue to provide a full welfare service to all students including provision of welfare teas, individual student support and general advice and encouragement.

LENT 2019

Goals	Progress
Help the Welfare team run welfare teas, including a special mental health tea.	Have attended a number of welfare teas, which have been very popular, including a dedicated mental health tea.
Improve information about mental health services in college.	Have drafted updated information on mental health services in college.
Begin planning for student co-support system (come up with catchier name).	I have been consulting with students on how they would like such a system to be implemented, and looking into how we can make use of existing facilities in the University and College.