



THE UNIVERSITY
of EDINBURGH

see me...

Action Plan

Following the signing of the 'see me' Pledge on the 19th January 2012, The University of Edinburgh commits to working with 'see me' to challenge stigma and discrimination around mental health issues in the following ways:

- An invitation to be sent to all staff and, in particular, members of , **the Health and Safety Committee**, the **Equality and Diversity (E&D) Committee**, the Equality and Diversity Co-ordinators, the **Joint Union Liaison Committee (JULC)**, **Edinburgh University Student Association (EUSA)**, and the **Student Disability Committee** to attend the 'see me' pledge signing by Suzie Vestri (Campaign Director) & Prof Lorraine Waterhouse (Vice-Principal Equality and Diversity – The University of Edinburgh) in the University Chaplaincy on Thursday 19th January, 2012 at 12 pm.
- HR, OHU & Joint Unions to arrange diversity and mental health awareness workshops. Feedback on the workshops will be gathered and the results fed back to 'see me' and to the VP Equality and Diversity.
- Prominent display of 'see me' posters and postcards throughout the University targeting staffrooms, accommodation services areas and other highly populated areas including Student Union, Chaplaincy and other social area/s
- A representative from 'see me' to assist the University in setting up a 'see me' Information Stand at the Staff Welcome days and Student Freshers week.
- Use of Payslips to publicise the 'see me' campaign and the 'see me' website annually during Scottish mental health week
- To continue working with **Healthy Working Lives** to maintain the Gold Award and investigate ways of tackling stigma & discrimination in relation to mental health
- To continue raising mental health awareness by working in partnership with the Joint Unions, EUSA and other national mental health organisations through the Edinburgh Mental Health Forum and Public Policy Network.

- To raise awareness of stigma and discrimination around mental health issues with members of the Equality and Diversity Committee, the Equality and Diversity Co-ordinators and University Health and Safety Committee by keeping E&D and other websites up-to-date with latest publications, information from relevant organisations, and providing workshops
- To continue to provide Mental Health support to staff and students through the Staff support services and Student Disability office to enable them to reach their full potential as required by the University Strategic plan 2008-2012 ('Quality People') and Equality and Diversity Action Plan
(see <http://www.docs.sasg.ed.ac.uk/gasp/strategicplanning/StrategicPlan.pdf> and http://www.docs.csg.ed.ac.uk/EqualityDiversity/ED_Strategy_Action_Plan.pdf).
- Investigate opportunities for more staff to attend Mental Health awareness training either through in-house courses, or via the established courses such as Scotland's Mental Health First Aid or the Healthy working lives course.
- To make available the following publications (in .pdf format) via the Staff Health and Wellbeing website and the Equality and Diversity website.
 - **'A Fairer Future'** – *A report by 'see me'*
 - **'see me so far'** – *A review of the first 4 years of the Scottish anti-stigma campaign*
 - **'Actions speak louder...'** – *Tackling discrimination against people with mental illness (Mental Health Foundation)*
 - **'see me' Summary Plan:** *bringing the strategy to life 2009 – 2011*

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 Edinburgh University

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 'see me'

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