



Integration of SDGs in

- Institutional governance/strategic level
- SDGs in research
- SDGs in campus operations
- SDGs in curriculum development
- SDGs in student engagement activities
- SDGs into community activities
- SDGs at a whole-institution level

Focus on

- Goal 1 - No poverty
- Goal 2 - Zero hunger
- Goal 3 - Good health and wellbeing
- Goal 4 - Quality education
- Goal 5 - Gender equality
- Goal 6 - Clean water and sanitation
- Goal 7 - Affordable and clean energy
- Goal 8 - Decent work and economic growth
- Goal 9 - Industry, innovation and infrastructure
- Goal 10 - Reduced inequalities
- Goal 11 - Sustainable cities and communities
- Goal 12 - Responsible consumption and production
- Goal 13 - Climate action
- Goal 14 - Life below water
- Goal 15 - Life on land
- Goal 16 - Peace, justice and strong institutions
- Goal 17 - Partnerships for the goals

SDG Accord Reporting 2021 CASE STUDY

Employee Assistance Programme

The university provides staff with access to an Employee Assistance Programme (EAP), to help them deal with personal and professional issues that could be affecting their home life or work life, health and general wellbeing. Depending on the nature of their issue, calls made to their free confidential helpline will be handled by an experienced advisor or fully qualified therapist. The service is available 24 hours a day, 7 days a week, 365 days a year. This benefit is provided to staff, their spouse/partner and dependent children aged 16 to 24 in full time education, living in the same household. Students have access to the same Health Assured programme.

Mental Health First Aiders Network

There are now over 120 Mental Health First Aiders (MHFA's) across the University who have completed the two-day Mental Health First Aid training from MHFA England. To coincide with 2020's Mental Health Awareness Week, the University launched a new Staff Network for Mental Health First Aiders. The Network is a platform for staff who have been trained in Mental Health First Aid to use their knowledge to support members of the University community. It is an opportunity to meet other Mental Health First Aiders from across the University, obtain support and receive further continuing professional development (CPD) training.

Once the Network becomes established, we will be seeking volunteers from the Network to express an interest in becoming a Staff Wellbeing Champion. Champions will help to support and implement #UEAStaffWellbeing acting as a first point of contact for employees who are experiencing a mental health issue or emotional distress.

BENEFITS

1. Improved mental health support for staff and students across the university.

BARRIERS

1. The increasing demand in the face of the Covid pandemic. Increasing provision is planned.
2. Budget/funding challenges.

CONCLUSIONS

We will be expanding our work in this area such as by employing more dedicated wellbeing staff. We will also continue to develop communication/publicity to increase awareness and uptake across the University. Once the Network becomes established, we will be seeking volunteers from the Network to express an interest in becoming a Staff Wellbeing Champion. Champions will help to support staff by acting as a first point of contact for employees who are experiencing a mental health issue or emotional distress.