

Mental wellbeing at the University of Southampton

People are at the heart of our strategy. We want students and staff to feel welcomed and supported so they can thrive and meet their full potential.

We are taking a whole university approach to create a healthy environment in which to work and learn. This means being proactive and taking a holistic approach to mental wellbeing through environment, support and access.



Environment



Engaging our community through events and activities



Dedicated facilities to encourage healthy lifestyles



Increased investment in inclusive and sustainable buildings and work, study and green spaces

Support



Specialist interventions delivered by expert teams



Pathways to external support



Partnerships with local services

Access



24/7 student wellbeing support



24/7 staff employee assistance programme



Single points of access:

→ Student Hub

→ Ask HR

We want everyone in our community to know the signs of poor mental wellbeing and where to go to get support. We do this proactively through awareness raising, campaigns, training and events. Through connecting our university community, we're putting mental wellbeing at the centre of all we do.