

Well-being and health, including mental health, strategy implementation plan template 2025/26

Please return submissions to ryan.stokes@medr.cymru.

We are allocating **£2,350,000** to support universities' implementation of well-being and health, including mental health, strategies in 2025/26. Universities' allocations can be found in the guidance at **Annex A**.

In 2025/26, we are allocating an additional **£2m** of additional funding to universities and directly-funded colleges in Wales to support well-being and health and provide financial support to higher education students. Universities' allocations can be found in **Annex B** of the guidance.

We expect implementation plans in 2025/26 to continue to take a 'whole university approach', supporting and addressing the needs of staff and students and taking account of all aspects of university life, including working life.

Universities well-being and health activities, services, training and resources funded from the strategy funding (£2,350,000) and the additional allocation (£2m) must be included in the 2025/26 implementation plan funded activities, services and resources spreadsheet. **See Section A - Appendix C1.**

University name:	
Lead contact name and email details:	
Well-being and health, including mental health, strategy implementation plan 2025/26	<p>University to input total allocation</p> <p>£</p>

Well-being and health and additional financial support for higher education students 2025/26	University to input total allocation £
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Section A

Please complete the 2025/26 funded activities, services, training and resources spreadsheet (Appendix C1) for:

- Well-being and health, including mental health, strategy implementation plan funding; and
- Well-being and health and additional financial support for higher education students.

Section B

How do the well-being and health activities, services, training and resources set out in Section A – Appendix C1

Contribute to: the university’s UUK Suicide-safer Universities strategy developments?

Max 500 words

Contribute to: the following Welsh Parliament Children and Young People's Education Committee recommendations ([CYPE recommendations](#))?

Max 500 words

Recommendation 20. *Provide meaningful mental health training for staff that takes account of the individual institutions' context and its student body. Such training should empower staff to provide appropriate support, including details of the support that can be provided by the institution and other local partners to enable effective signposting where appropriate. Training is accessible to all staff, both academic and support staff, and to those providing services that have been contracted out by the institution. In offering such training, providers should ensure protected time for staff to attend training.*

Does the university's well-being and health implementation plan activities, services and resources contribute to the CYPE recommendation to provide mental health training for staff?

'Yes' or 'No' (Please delete as appropriate)

If answering **'yes'** please provide the rationale for the training, including the evidence for providing it, and who the training is targeted at (job occupations).

Does the university have a well-being and health staff training plan for 2025/26?

'Yes' or 'No' (Please delete as appropriate)

If answering **'yes'** please provide the training priorities for 2025/26?

Recommendation 22. *Deliver meaningful mental health training for students within their first year of study. This training should be delivered in a range of methods that ensures it is accessible to all students, and should be made available at a range of points throughout the first year.*

Does your well-being and health implementation plan activities, training, services and resources contribute to the CYPE recommendation to deliver mental health training for students?

‘Yes’ or ‘No’ (Please delete as appropriate)

If answering ‘yes’ please provide the rationale for the training, including the evidence for providing it and list the student training priorities for 2025/26?

Recommendation 21. *The Welsh Government provides further funding to Medr to support the widening of mental health support to students through the Welsh language. This funding should be an on-going commitment to ensure longevity of Welsh language support.*

Does your well-being and health implementation plan activities, services, training and resources contribute to the CYPE recommendation of widening of mental health support to students through the Welsh language?

‘Yes’ or ‘No’ (Please delete as appropriate)

If answering ‘yes’ what percentage of training and resources are available in Welsh?

Contribute to: the particular needs of staff and students with protected characteristics, including intersectionality considerations?

We expect implementation plans to take account of equality and intersectionality through the use of equality impact assessments, using institutional data and including but not limited to the following groups of students identified in the CYPE and TASO reports:

- Disabled students and students with long-term health conditions

- International students
- LGBTQ+ students
- Post-graduate students
- Students from an minority ethnic background
- Students from a lower socio-economic background
- Students with caring responsibilities / returning after a break in education.
- Care-experienced students.

Max 500 words

Has the strategy and implementation plan been equality impact assessed and assessed against the Welsh language standards and Well-being of Future Generations goals and ways of working?

What are the positive and negative impacts and how these will be taken into account?

Are you offering specifically targeted activities, services and resources for any groups of students identified in the CYPE and TASO reports?

If answering yes please provide a summary.

What are the governance structures for monitoring and managing the strategy and implementation plan?

<p>How will a representative range of staff and students be involved in reviewing, developing and monitoring the strategy and implementation plan?</p>	
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Approval

In signing and submitting the implementation plan to Medr the University is:

- committing to delivering the Medr funded resources, activities and services as set out above; and
- reaffirming its commitment to adopting the UUK *Stepchange: mentally healthy universities and* Suicide-safer Universities Frameworks.

<p>Signature (Vice-Chancellor):</p>		<p>Date:</p>	
<p>Vice-Chancellor name, please print</p>			