

LET'S KICKSTART THE CONVERSATION!

VOTE ELLIE DRAFT FOR VP WELFARE

Making TL a space where our wellbeing and mental health are a frequent conversation and giving everyone the knowledge of how to support and stand up for one another.

COVID-19 HAS BROUGHT A LOT OF ISSUES TO THE SURFACE FOR MANY OF US - IT IS NOW CRUCIAL THAT WE HAVE EASILY ACCESSIBLE SUPPORT FOR THESE INDIVIDUALS - IT'S IMPORTANT THAT THOSE OF US STRUGGLING KNOW THAT THERE ARE PEOPLE READY TO FIGHT IN OUR CORNER WHEN WE DON'T FEEL ABLE TO OURSELVES

As someone who has struggled with mental illness and is now actively recovering, I am keen to create a supportive network among all of us here at TL. After having to defer my first year due to a relapse with anorexia, it is only now that I am back at TL that I am aware of the various support that can be accessed – I want to make sure that as students at TL we are all aware of the different levels of support that are available to us.

TO DO

- **coffee mornings** - (cake!)
- **basic mental health first aid training**
- **TL big breakfast**
- **meditation, yoga,**
- **peer support groups** - o that we can all be each others' cheerleaders, give advice on ways to ask for help, just knowing you're not on your own etc...
- **'crafternoons'**
- **dog therapy** (As you can see by my photo, and those of you who know me know that I am a sucker for a dog and always feel much better on a down day after a few puppy cuddles)
- **Educating TL staff and students on becoming more inclusive and how to support the various groups of people in our community** – (e.g. ethnic minorities, LGBTQIA+, those with mental illness, our autistic community etc) making everyone aware of how to support and stand up for each other.

