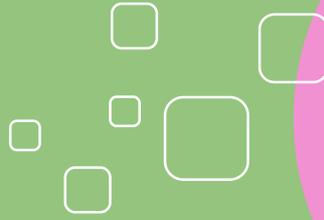


KATIE-MAI

VP WELFARE



MIND YOUR MATE

Did you know that world wide the ratio for men's vs women's suicide rates are 2:1 and over a third of Irish males say that their mental health is "in crisis"?



- As VP Welfare, I plan to work alongside the mental health society to reinstate the **weekly group** that met in the Students Union, for male identifying students of the university to talk to each other about things going on in their lives.
- This was a huge success in the 24/25 academic year and I believe it is an important service to bring back for students.
- This is a **safe space** for male identifying students to talk to their peers about what is going on in their lives, and if needed, can be referred on to the appropriate people for any support they may need.
- I believe it is important to **break down the stigmas** associated with men's mental health.

SAFE CAMPUS, STRONG STUDENTS

Did you know that across Ireland, 40% of adults say that they have experienced some form of sexual violence across their lifetime?



- As a part of my SHAG campaign, I will designate time to raise awareness on domestic violence, promoting **education, support and empowerment**.
- This campaign would feature **consent workshops**, which I would work alongside Healthy Campus to provide.
- I believe it is important to be equipped with the tools to protect ourselves and therefore would like to invite in a professional to teach a **self-defence class**.
- I would work closely with the **on campus counselling services** and an **Garda Siochana** to promote reporting incidents in a safe, supportive space.

BEYOND THE MIRROR

Did you know that research shows over 80% of college students struggle with body issues and around 1 in 8 students struggle with an eating disorder?



- This campaign would focus on **realistic** ways to take care of your **mental** and **physical** health while balancing campus life and your studies. I want to ensure an emphasis on **body positivity** throughout the campaign.
- I want to collaborate with a **Personal Trainer** to give informative talks about what we can do for ourselves, and allow students to ask any questions they may have.
- **Female health** would be discussed in full with an emphasis on imbalanced hormones and different factors that may effect that.
- The overall aim of the week? To understand **how to live a healthy lifestyle** rather than trying to live up to an unrealistic beauty standard.

A CAMPUS THAT CARES

Did you know that 1 in 10 Irish young people report having attempted suicide and over 60% of young people from 18-25 report having experienced extreme depression and anxiety?



- I want to promote **suicide prevention** across the college throughout this year through an online campaign
- I believe that as students, it is important we are informed on where we can find this information, and the perfect way to do that is to advertise it across MSU socials. This makes it **accessible** for all students.
- I want to have a protocol implemented across the **student operation teams** in the SU, especially with front facing roles, such as the info center team and the events team. Specifically, I believe this should be a conversation during the onboarding process.
- I believe that suicide prevention is one of the **most important things** we can learn throughout our lifetime, and every student should have access to where they can find training, and who they can refer people to if they are struggling with their mental health.