

# Student Elections – Autumn 2019

## Role Description



Mental Health Officer

### Overview:

Act as the primary student representative of all students at Solent on mental health issues (e.g. Student Hub, exam stress, etc.) within the university, Students' Union and wider community. To ensure that the voices of all students are heard and that the right support is available at Solent University.

### Responsibilities:

- Represent all students on mental health on Student Council and in the Students' Union
- Be the primary student spokesperson on mental health student issues at Solent University
- Raise awareness around Solent University of mental health issues affecting students
- Support the Disabilities and Men's Health Officer where relevant
- Lead campaigns for positive change for students mental health at Solent

### Training & Support:

Training will be provided to all Student Officers upon election and each officer will be paired with a full time Sabbatical Officer to act as a mentor. Ongoing support will be available from the Students' Union Representation Department throughout the year.

### Skills Gained:

- Team Work
- Communication
- Project Management
- Campaigning
- Cultural Awareness
- Collaborating
- Networking
- Debating
- Time Management
- Community Awareness
- Creativity
- Negotiation

### Time Commitment:

As the position is voluntary its time commitment can be flexible to fit in with a student's studies. It's recommended that students commit around **4 hours per week** to the role. Student Council Meetings typically occur every 4 weeks during term time and there are normally around 5 per year.

**The post is from the Autumn 2019 – Summer 2020.**

### How to Apply:

To apply, simply head to [www.solentsu.co.uk/elections](http://www.solentsu.co.uk/elections), pick a role and submit your name to start your application by 11:59pm on Wednesday the 9<sup>th</sup> of October. You'll then have till 8am on Tuesday the 22<sup>nd</sup> of October to complete your application and submit your manifesto explaining what you'd do in the role and why students should vote for you. Any current student can apply.

### How they are Appointed:

All Student Officers and Student Leaders are elected in our autumn Student Elections, in which every student at Solent University gets to vote on who represents them.

For further information please visit: [www.solentsu.co.uk/elections](http://www.solentsu.co.uk/elections)  
Or contact: [elections@solent.ac.uk](mailto:elections@solent.ac.uk)