



The National University of Ireland



Ollscoil na hÉireann, Gaillimh
National University of Ireland, Galway

Project: [Strategy Development](#)

Date: [September – December 2006](#)

Website: www.NUIGalway.ie

I am working with Dr Lynne Friedli – one of the county's leading experts on mental health promotion – to develop a mental health strategy for the National University of Ireland, Galway (NUIG). The strategy will be supported at the highest levels to ensure that the university keeps its promise of being a 'student centred' institution.

The need

The Office for National Statistics estimates that up to one in four people will experience a mental health problem at some point in their lives, with the mental health of young people a particular concern. Mental health problems among students can cause drop out and exam failure, as well as the distress that problems of this nature causes.

NUIG identified the need to develop a more strategic, cross-university approach to tackling mental health issues; one that would gain the support of academic and administrative staff alike, as well as students.

The approach

We are working with the Student Services team, with the terms of reference including communication and prevention as well as treatment, which covers awareness raising, training and the nature and extent of health and other support services. My role involves:

- [Face to face depth interviews with key stakeholders, including senior managers, administrative, support and academic staff](#)
- [Telephone interviews with key stakeholders](#)
- [Focus groups and group discussions](#)
- [An analysis and evaluation of existing, relevant university policies and practices](#)
- [Desk research to contextualize the relevant legal, health and social framework in Ireland](#)
- [Analysis of other relevant research in third level \(higher education\) institutions](#)

The result

Following this information gathering and consultation phase, we will draft a strategy document for comment and feedback, before presenting the final strategy to all key players. We will also be making recommendations for a launch across the university and to external audiences.

You can read the [Strategic Review here](#).