

# SMHA Information Day 2021

09:15-09:30	Registration/waiting lobby	
09:30-10:00	Welcome/housekeeping/introductions	
10:00-10:30	SMHA overview and project updates	
10:30-10:45	Funding for Mental Health in Colleges; <i>Presentation by Colleges Scotland &amp; SFC</i>	
10:45-11:00	SMHA Showcase; <i>Presentation by Glasgow Clyde College Students' Association</i>	
11:00-11:15	<b>SCREEN BREAK</b>	
	<b>Workshops</b>	
11:15-12:00	<b>Cyrenians</b>	<b>Equality Network</b>
	<i>This session will provide insight into the Cyrenians SCCR, highlighting that conflict happens in all our lives, often managed with minimal consequences. However, sometimes this conflict escalates, and the impact can be devastating and debilitating, with the propensity to affect relationships, life chances, education, work, mental health and well-being and can ultimately result in homelessness.</i>	<i>This session will introduce key issues faced by the LGBTI community and how they lead to minority stress and in turn poor mental health and wellbeing. It will look at important ways in which you can support LGBTI people or, as an LGBTI person, look after yourself, particularly if you are also looking out for others in your community. We will cover self-care, burnout, compassion fatigue and trauma informed approaches.</i>
12:00-12:15	SMHA Showcase; <i>Presentation by University of Strathclyde Students' Association</i>	
12:15-12:25	COVID-19 & Mental Health Survey results; <i>Presentation by NUS Insight Team</i>	
12:25-12:30	Next steps & close	