

038 – Promoting Self-Care Apps

Proposer: Emily-Grace Holden (Mental Health Officer)

Union Notes

1. Statistically, 20% of students only sought mental health help within the UK.
2. Currently, LTU do not provide information about self-care apps

Union Believes

1. Self-care apps can support students who experience panic attacks
2. They can also support students who suffer with self-harming or have previously suffered with self-harming
3. Self-care apps can act as an intervention for students who do not have access to, or do not want to access, counselling services. They can be accessed confidentially without the risk of their data being breached.
4. By offering, this free resource it allows students that are suffering to take advantage of the resources provided.
5. By offering the apps (Clear Harm & Clear Fear) it offers additional resources, broadening the mental health services the University has to offer.

Union Resolves

1. To lobby the University to publicise Clear Harm and Clear Fear apps at the end of lectures and in module handbooks
2. To mandate the Vice President and Mental Health Officer to work with the University to make this a permanent fixture at the end of lectures, throughout the whole year.
3. For this to be publicised and be as accessed as easy as self-referrals for counselling

Motion passed: 01/11/21