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[Home](#) > The College reaffirms commitment to support students and staff

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Bournemouth & Poole College has confirmed its commitment to staff and students by signing up to a brand new national mental health and wellbeing charter - created by the [Association of Colleges \(AoC\)](#) in conjunction with mental health experts.

Colleges across England teach and train 2.2 million people each year - including 685,000 young people. Every year, 1 in 10 young people experience a mental health problem and 1 in 5 young people aged 16-24 experience a common mental illness such as anxiety or depression at any one time. Added to these facts, 75% of adults with a diagnosable mental health problem experience their first symptoms before the age of 24. This means the College plays a vital role in supporting the mental health and wellbeing of its thousands of students and staff.

The new, 11-point charter includes commitments to:

- Promoting equality of opportunity and challenging mental health stigma
- Providing appropriate mental health training for staff
- Providing targeted individual mental health support where appropriate

Diane Grannell, Principal at the College, signed the charter with Gabriel Lemos Finocchio Baraldi, BPCSU President said:

“Mental health is one of the most pressing issues facing modern society. Ensuring our students feel supported is crucial to their academic and personal success. We want to make sure all our students and staff feel they have someone they can turn to.”

Richard Caulfield, Mental Health lead at the Association of Colleges, said:

“Every single day colleges like Bournemouth & Poole provide a world class education and transform the lives of millions of people. This includes providing support for both staff and student wellbeing at the right time, in the right place. This charter gives colleges the chance to publicly state their commitment to the mental health agenda.”

The charter has received national recognition, with MP Luciana Berger asserting the crucial significance of the initiative:

“The measures set out in this charter will help promote early intervention for those struggling with their mental health. We know that a supportive environment and being able to stay in meaningful education, training or work is one thing that can promote recovery.”