



The University of Salford PGR Well-being Concordat

The concordat is based on four core principles to support PGR wellbeing and mental health and reflects the University's commitment to wellbeing and mental health wellness:

1. Directly support PGRs to take care of their wellbeing and mental health wellness
2. Improve accessibility to wellbeing support for PGRs on campus
3. Improve accessibility to wellbeing support for PGRs off campus
4. Increase wellness awareness, responsibility and advice through training and supporting academic staff such as supervisor, advisors and PGR Directors

<p>Well 1 (W1)</p> <p>Directly support PGRs to take care of their wellbeing and mental health wellness:</p> <ul style="list-style-type: none">• Work with AskUs counselling, support services and key academic staff to develop a programme of support specifically aimed at PGRs• Increase awareness within the PGR community and advocate open discussion and self-directed support	<p>Well 2 (W2)</p> <p>Improve accessibility to wellbeing support for PGRs on campus:</p> <ul style="list-style-type: none">• Identify the critical periods and common issues that affect (the on campus) PGR community to better tailor campus support• Promote and increase awareness of the support available to PGRs on campus
<p>Well 3 (W3)</p> <p>Improve accessibility to wellbeing support for PGRs off campus:</p> <ul style="list-style-type: none">• Identify the critical periods and common issues that affect (the off campus) PGR community to better tailor remote support• Promote and increase awareness of the support available to PGRs as members of the Salford community off campus	<p>Well 4 (W4)</p> <p>Increase wellness awareness, responsibility and advice through training and supporting academic staff such as supervisor, advisors and PGR Directors:</p> <ul style="list-style-type: none">• Work with PGR Directors, supervisors and other staff to identify support mechanisms• Support PGR Directors, supervisor and other staff with bespoke training support