

About volunteering with SUSU:

The Wellbeing Officer to works prioritise student mental health at Southampton. You will also work with teams at SUSU and the University to help promote campaigns and activities about student mental health.

In order to apply for the role, you should have experience of helping/supporting students. When applying for this role you are confirming that you meet the eligibility criteria for the role.

We provide full training at the beginning of the year as well as advice and support as you continue in your role. You will gain a wealth of experience through your voluntary role with SUSU, experience that you can use to improve your future employability while receiving recognition for the work you accomplish.

Main purpose of the role:

- 1) To work to prioritise student mental health within the Union and University.
- 2) To promote a healthy lifestyle amongst students.
- 3) To support students with private housing issues.

Main responsibilities of the role:

To work to prioritise student mental health within the Union and University

- *To promote and signpost the support services offered by the Union and University to all students.*
- *To seek student feedback on mental health support and act on the feedback received, working with the VP Welfare & Community.*
- *To lobby the University to prioritise student mental health.*

To promote a healthy lifestyle amongst students

- *To raise awareness of ways to maintain a healthy lifestyle amongst students.*
- *To be a key contact between relevant societies and the VP Welfare & Community.*
- *To work with the VP Welfare & Community and Union staff on awareness-raising campaigns such as Expect Respect.*

To support students with private housing issues.

- To work to appropriately inform and signpost students about housing options, including working on events such as The Housing Fair.
- To ensure that there is relevant advisory information on housing, working with relevant Union staff and the VP Welfare & Community.

Where can you find guidance?

- Sabbatical Officer: vpwelfare@soton.ac.uk
- Activities Team: suactivities@soton.ac.uk

How to nominate for the role:

In order to stand as a candidate, you will need to submit a short statement letting everyone know why they should vote for you. You don't need to have any previous experience so simply focus on what you will achieve if elected.

Log in to our website at www.susu.org/elections and fill out the nominations form. There is no need to create a new account, just use your University credentials.

For any queries about the election, please contact us at representation@soton.ac.uk.

Time Commitment and Expectations:

There will be times throughout the year where you may be called on to help promote and spread awareness for SUSU campaigns. There will be key meetings that you must attend and you must attend relevant SUSU meetings.

If at any point you find that you are struggling to balance voluntary work with your studies we understand that your degree must come first. Please, come and speak to us and we will always try our best to make things easier.

Term of office: 1st July – 30th June

Our Values

As an organisation, our values underpin our work and guide what we live by in order to achieve our mission:



Stand Strong

We stand up for students and make sure their voices are heard.

We stand strong when facing challenges and are not afraid to be different. We think big and work to achieve great things.



Join Together

We are an inclusive and diverse community of students and staff.

We join together with each other, the University, and the local community to make a positive difference.



Take Responsibility

We take action on the issues that matter to students and act with integrity.

We continually work to be more sustainable, challenging discrimination and prejudice. We strive to be a force for good for students and wider society.