



Name of the project

The Living Room



Domain

Mental and social health



Criteria

#83 The university offers check-ups, assessments and evaluations about mental and social health by professionals to the campus community.



Keywords

Mental Health, Student Support, Peer To Peer, Well-being



Target & Stakeholders

Students from all communities and cohorts



Time & Frame

Monday to Friday, from 11am to 4pm



Team & Staff

14xPeer Supporters (UWA students), onsite health staff



Description

A welcoming, inclusive and student- focused space that promotes well-being through early intervention, peer support and low barrier access to UWA health services. Students can visit for varying concerns such as feeling stressed, lonely or just a chat.



Main Goals

The Living Room offers respite from pressure and strain, a place to feel listened to, short-term support, information on mental health and well-being and connection to appropriate services and activities - on campus or in the community.



Motivation & Vision

Acknowledging the University as an important setting to promote, support and sustain positive mental health and well-being, while addressing common stressors for students and facilitating timely connection to services at times of adversity.



Evaluation

A mix of qualitative and quantitative measures provide a greater understanding of the reach of TLR and assists in the ongoing evaluation of service. Engagement and feedback from students remains consistently high.



Lessons Learned

A peer-to-peer approach is transformative to service delivery, complimenting and taking pressure off traditional support services. Therapy dogs has also been a highly successful engagement strategy. Philanthropic and external support is critical.



Recommendations

TLR has received widespread interest from local and international universities and has the potential to become a transferable, scalable service delivery model.



The interior view of the space



Therapy Dogs



The Living Room