

## Wellbeing Service Guidance for Dubai

This paper is written to demonstrate the commitment from Heriot Watt University to comply with the Cohesive Society and Preserved Identity of the UAE Vision 2021 National Agenda.

With specific regard to Happiness and Wellbeing, Heriot Watt recognises the importance of positive health and wellbeing across the whole university community. In 2016 Universities UK launched a programme to improve the wellbeing of students and staff across higher education, establishing the Mental Health in Higher Education Working Group. The University Secretary represented Heriot-Watt on the group. The remit of the group was to shape and advise work with stakeholder engagement.

The programme agreed a vision and framework for progressing the Wellbeing Agenda.

### The Vision:

'Higher education transforms lives and communities. How universities understand and approach mental health is at the heart of this mission, including how students and staff are enabled to thrive and realise their potential as well as how those in distress or experiencing mental illness are supported.'

### The Framework

A whole university approach was recommended covering four domains; community, learning, living and support. The underpinning framework looked at addressing issues across the following areas:

<b>Leadership</b>	<b>Early Intervention</b>
<b>Data</b>	<b>Support</b>
<b>Staff</b>	<b>Transitions</b>
<b>Prevention</b>	<b>Partnership</b>

### The Wellbeing Strategy and Policy

The Wellbeing Summit in December 2018, brought together staff from the global campuses to focus on the provision of a whole university approach to addressing Wellbeing. The summary from this event is providing the basis of a paper to be presented to the University Executive in February 2019 which will underpin the delivery of the Heriot Watt Wellbeing Policy.

### Wellbeing Services in Dubai

A comprehensive range of support for students is available on campus, through Personal Tutors, Student Wellbeing Advisors, and the Student Council. Heriot Watt University Dubai is committed to ensuring that students are able to access appropriate guidance, advice and support in a timely manner throughout the period of their studies. These services are professional and consistent with the details and policies that can be found in the [Health and Wellbeing section](#) of our webpage.