

10 Steps to Starting A Mental Wealth Group



www.mentalwealthuk.com / home@mentalwealthuk.com

1. Draw up a manifesto

The manifesto will typically outline the vision for the group, what it will do and how people can get involved. The manifesto is created to offer some initial direction for you, and to tell others what you're about.

2. Speak with Student Union

Your Student Union will be able to advise you on the best structure for your group. Your Welfare Officer should be familiar with the Mental Wealth Project and will be there to offer their ongoing support and advice. Your Activities Officer will be able to help with setting up as a society.

3. Find a committee

At the very least you will probably need a Chair, Secretary and Treasurer. You can send an email with the opportunity round the departments that are most relevant such as Psychology and Medicine, and arrange a meeting once you have enough responses.

4. Create a plan

Once you have a committee you can discuss the manifesto in a bit more depth and create a plan for what the group might do during the year. Although things will never quite go to plan, writing things down will help provide clarity and direction for the group.

5. Engage stakeholders

Once you have a plan you can think about how it relates to those around you, and who can help make things happen. The Counselling Service or Mental Health Advisor will be able to keep you up to date on university resources and offer their support.

6. Affiliate with Mental Wealth UK

You can download the affiliation agreement from the members section of the website. Once you've returned it to us you will be a fully formed mental wealth group!

7. Hold meetings

Regular meetings, even before the membership is large, help grow a strong community, and provide a space for discussion and idea sharing.

8. Promote the group

Once you have something to promote, you can get your message out there through your Student Union, and by publicising through departments and other student groups. Don't forget to ask yourself exactly what it is that you are offering others.

9. Think long term

To ensure sustainability of the group, and a smooth handover, it's important to create good guidance documents for the committee, and systems for storing information and communicating with members.

10. Run activities/campaign

There are plenty of national campaigns you can get involved with. Keep an eye on the Mental Wealth UK website for ideas and resources.