

Mental Health and Wellbeing Policy

QPSA's Position:

- Mental health is an important element of wellbeing for pharmacy students
- Collaboration and communication between key stakeholders, including the QPSA committee, QPSA members, NAPSA and The University of Queensland School of Pharmacy is vital to ensure the effective support of mental health and wellbeing of all pharmacy students.
- All pharmacy students have the right to adequate and accessible mental health services in a timely manner
- The mental health and wellbeing of pharmacy students deserves joint responsibility between all stakeholders.
- The continual effort to destigmatize mental illness is welcomed and should continue.
- All Pharmacy students should not feel pressure, coercion or judgment when making decisions regarding their own mental health.
- Mental health strategies should be student-focused/patient-centered; implemented based on best evidence; and provide the best care possible for all students.
- Mental health needs change with time. Recognition of, and response to, changes are required to provide the best mental health care for all pharmacy students

QPSA will take an active step in advocating and promoting mental health and wellbeing for its pharmacy students. As a NAPSA branch, we will work with the national officers to ensure we are up to date with current best recommended guidelines. We will work alongside our stakeholders, identified above, to ensure healthy learning, study and placement environments for our students.

As individuals, we encourage all pharmacy students to take steps to look after themselves and their peers. QPSA recommends all pharmacy students to consider doing the following:

- Look out for one another. Check in regularly with your peers. Observe and identify risks towards your own mental health, as well as the health of your peers, and take necessary action to ensure the wellbeing of all those involved
- Take care of yourself. Engage in self-mental health assessments. Always seek support from trusted individuals and organizations including but not limited to, friends and family, mentors, mental health professionals and clinicians, and other community mental health services as required.
- Engage thoughtfully and respectfully in conversations with trusted individuals about mental health, including struggles and challenges, wellbeing maintenance, services that can help and how to access/utilise them. This helps reduce the stigmatisation surrounding mental health and mental illness within the community and assists in

laying the groundwork for a more supportive and friendly work and study culture for the future.

QPSA and NAPSA are committed to creating a safe and supportive environment that prioritises the mental health and wellbeing of pharmacy students. This policy will guide our efforts in addressing mental health challenges in our community and promotes a healthy and fulfilling academic journey for all pharmacy students.

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