

UCL Wellbeing Strategy

The five-year UCL Wellbeing Strategy, dedicated to creating and supporting a happy and healthy UCL community

UCL is committed to ensuring a happy and healthy UCL. The strategy was developed to introduce a proactive approach to wellbeing by promoting and embedding positive physical, mental and social health and wellbeing behaviours and activities across the UCL community.

There are 6 Pillars of Wellbeing at UCL:

- 1. Positive environments.** Building, improving and maintaining positive and supportive working and learning environments
- 2. Policies and practice.** Embedding wellbeing in our HR policies and people practices
- 3. Healthy lifestyles.** Encouraging and promoting healthy lifestyles with a specific focus on alcohol and tobacco use, physical activity, nutrition and sleep
- 4. Mental wellness.** Encouraging and supporting staff and students to maintain good mental health and manage problems should they arise
- 5. Removing mental ill-health stigma.** Creating a culture where more people feel able to talk openly about their mental health as they do physical health
- 6. Culture and behaviour change.** Embedding workplace health promotion at UCL to foster the culture enabling support and encouragement of health behaviour change



[View our Wellbeing@UCL Strategy.](#)

Contact us

Email: ohw-wellbeing@ucl.ac.uk

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