Wellbeing and community officer

Samuel De Souza

Studying International Foundation Year in Business and Management (Malvern House)

Why do you want to do this role?

I am Samuel De Souza, and I am running for the position of Mental wellness officer for the student union at UEL.

I understand the pressures and stresses that come with studying and living in a fast-paced environment. However, I strongly believe that together, we can build a supportive and positive community where everyone feels valued and supported.

My main focus as a mental wellness officer would be to create connections, make a difference, and prioritize the welfare, mental health, and equality of all students. I aim to create a positive, supportive environment that makes the world a better place for all.

Why should students vote for you?

As someone who has had personal experience with depression and anxiety, I have learned a lot about coping mechanisms and resources that are available to us. I highly recommend the free phone therapy services provided by NHS and would suggest that everyone should have access to them.

I plan to build a community where students can share their thoughts and receive feedback to overcome their weaknesses and build their strengths. I will also provide private sessions and I guarantee that your secrets will remain safe with me.

Organizing events such as pizza parties, tea sessions, book reading, self-help movies, and speeches in collaboration with other officers and student communities will be my priority. These events will help us overcome weaknesses, build our strengths, and create a positive change in every person.

What are your main priorities?

My main priorities will be to make everyone feel like the same person, make them feel comfortable, give everyone a platform, and guarantee a positive change in every person.

As your mental wellness officer, I will strive to create a welcoming and supportive environment. I will strive to create a welcoming and supportive environment for all students ensuring that we all thrive academically and personally. Let's make mental health and well-being a priority and work together to make UEL a better place for all.

East London Students' Union