

JAY SHARMA

- Mental Wellness - Help when you need it, and you are never alone in this journey
- Community And Belonging – Together we are stronger, because every student deserves to belong
- Staying Informed - Welfare that finds you, so you never have to search alone
- Everyday Wellbeing - With you every step of the way, through the good days and the hard ones
- Your Safety Matters – A campus where you always feel secure



<https://jayforwellfare.netlify.app/>

Hi everyone, I'm Jay, a MSc Data Analytics student here at Portsmouth running to be your Welfare Officer!

As an international student myself, I understand how it feels to navigate university life far from home, balance academic pressure and sometimes not even know where to turn for support, and that is exactly why I'm here, so here is my commitment to you:

Mental Wellness and Support

As we all know Mental health is the #1 priority for students at Portsmouth, I will push for faster access to counselling services, introduce peer support networks where students can talk confidentially, and organise regular mental health workshops and awareness campaigns, so no student should struggle in silence. I will advocate for open door support, so help is always within reach with regular check-ins

Community and Belonging

Too many students especially international, postgrad and mature students feel invisible and disconnected. I will make sure to create inclusive social events, establish a buddy and mentorship system, and provide clear guidance on joining clubs and societies. Because community is not just about fun, but it directly helps with motivation and mental wellbeing. No student should feel like an outsider at Portsmouth

Staying Informed

If you do not know support exists, it may as well not exist. I will ensure every student receives regular wellbeing emails, knows exactly where to get mental health support, and never misses an event or resource. One clear welfare hub, better advertising, and direct communication so that welfare will come to you, not the other way around

Everyday Wellbeing

Wellbeing is not just for crisis moments. I will introduce pre-exam stress relief sessions, relaxation events and anonymous support channels for those who are not ready to speak up. I will run budgeting and financial wellbeing workshops because financial stress directly impacts mental health. During assessment periods, I will ensure physical and emotional support is always available, from healthy eating guidance and stress management

Your Safety Matters

Every student deserves to feel safe on campus, I will advocate for clear and visible reporting routes for harassment and misconduct, promote safety awareness especially for international and vulnerable students, and ensure anonymous reporting channels are accessible to all, and I will also collaborate with local authorities to make sure improvements are made where they are needed most

“Welfare starts with community, Let's build one together where every student feels supported , included and heard”