

Programme progress to date

Mentally
Healthy
Universities

A mental health and workplace wellbeing
programme for students and staff



Year One Evaluation findings

- Over **85 per cent of students** had a better understanding of mental health problems and wellbeing after attending our new mental health introduction course.
- Over **90 per cent of students** were more aware of mental health in the workplace after attending our new workplace wellbeing course.
- **100 per cent of students** would recommend our 'tools and techniques to manage your mental health' course to a friend.
- Both the staff champions and staff peer support courses were **rated above 9/10**, and over **90 per cent of participants** would recommend them to colleagues.

Adapting the programme for year two

- Improvements to:
 - content
 - structure
 - marketing and comms
 - access and recruitment to staff roles.
- Worked with our local Mind partners, two student peer designers, university staff and students.
- Moved the programme online in response to COVID-19.

Wellbeing Essentials for Students

Interactive workshop

2 hours

10 -15 undergraduate students

- What mental health and wellbeing is
- How wellbeing can support mental health
- Where to find support
- How to talk to others about mental health



Tools and Techniques for Student Mental Health

Blended session course over 4 weeks
Online self directed learning sessions
Weekly taught sessions of approx. 2 hours
10-15 Students

Week one- It matters what you focus on: attention training

Week two - Habits and dwelling: how to change them

Week three- Dealing with difficult emotions: keeping your balance

Week four- Transforming worries and improving performance



Looking after your mental health at work

Interactive workshop

2 hours

10 -15 undergraduate students

- Looking after wellbeing at work
- Ways to support yourself while looking for work and experiencing uncertainty
- Ways to manage mental health as a new grad
- Where to find support
- Employers responsibilities



Staff Mental Health Champions training

Interactive training course
Two three hour sessions
10 -15 staff

Session one	Session two
Mental health	Managing conversations
Stigma	Boundaries
Being a Champion	Looking after your wellbeing

Staff Mental Health Peer Supporters training

Interactive training course
Two three hour sessions
10 -15 staff

Session one	Session two
Introducing peer support	Boundaries
The peer supporter role	Peer support in practice
Techniques for supporting your colleagues	Supporting yourself

Mental Health at Work Commitment

- We are continuing to support universities to embed the Mental Health at Work Commitment in their workplace.
- Staff mental health needs to be a priority more than ever.
- The guidance for the wider sector will be ready in May 2021.

Year two delivery to date

Three new
partnerships
joined the
programme

Over 1,000
students have
attended our
training

Student
engagement
is still an
issue

119 Staff Mental
Health Champions
trained

Positive
feedback from
staff and
students

I loved how interactive the course was. Being able to talk to people that have experienced a similar range of mental health issues created a very comfortable sharing space.

It felt like a very safe space to talk about personal feelings, and helped me understand how to deal with my own and other's issues surrounding wellbeing.

The community feel, the more conversational and casual nature, the activities and interactive nature, the presenter and the feel that we're all going to stay in touch and support each other.

Well organised and delivered, very professional, interesting, enjoyable, varied.

National delivery

- 5 animation videos published from January – April 2021
- Student section on Mind website



Can you help us let students know of this opportunity?