



Co-creating a whole
university approach to
mental health and wellbeing

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- About Student Minds
- About the Universities UK Mental Health and Wellbeing Programme
- Key Findings and Recommendations from the IPPR Not by Degrees report
- Brief look at their perspective on promotion of mental health
- UUK Step Change Framework
- Whole University Approach
- Student Voices and student engagement in cocreation





8 Positive Minds Groups

10 Eating Difficulty Groups

18 Campaign Groups

27 Universities equipped to run Look After Your Mate

30 Universities equipped to run Mental Health in Sport



63
The total number of universities we supported across all of our student groups and staff-run workshops, in 2015/16.

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The Mental Health Continuum

A person experiencing significant mental health difficulties can manage these well and have good support in place, allowing optimal mental wellbeing.

People who are not experiencing mental health difficulties still benefit from looking after their mental wellbeing.

Optimal Mental Wellbeing

Mental Health Difficulties

Minimal Mental Health Difficulties

Challenges managing mental health difficulties and a lack of support can lead to minimal mental wellbeing.

The challenges of university life can lead us to have minimal mental wellbeing, in the absence of mental health difficulties.

Minimal Mental Wellbeing





Universities UK – Mental Health and Wellbeing in HE programme

Mental Health and Wellbeing in HE programme

Establish a more robust evidence base on mental health and wellbeing in higher education via a research partnership with [IPPR](#).

Set out the case for institutions to see mental health as a strategic priority and to develop a whole-institution framework in support

Establish baseline data on the mental health of our populations and the effectiveness of interventions in place

Promote adoption of the university mental health framework and audit across the higher education sector and to help the exchange of good practice

Develop guidelines for the co-commissioning of mental health services for university populations working with Public Health England, clinical experts and key stakeholders, including students.





MENTAL HEALTH

- Today's generation of young adults (aged 16–24) are more likely to experience mental illness than previous generations of young adults. This is driven primarily by significant growth in the proportion of young women who experience a mental health condition.
- The number of students to disclose a mental health condition to their institution has increased dramatically over the past 10 years, with variation in rates of disclosure between different groups of students.
- Students experience lower wellbeing than young adults as a whole, and experience lower wellbeing than was the case in previous years.
- Where support and treatment is lacking, poor mental health can lead to increased risk of students dropping out of university, or in the most severe and tragic cases, death by suicide.
- Higher education providers have – over the past five years – experienced significant increases in demand for counselling and disability services.
- There is variation in the ways in which higher education providers design their strategic response to student mental health and wellbeing.





CHANGING THE CONVERSATION

The HE sector should collectively adopt student mental health and wellbeing as a priority issue

HEIs should commit to increase the amount of funding dedicated to services which promote and support the mental health and wellbeing of students.

Government should facilitate the introduction of place-based coalitions which aim to improve the health of local student populations through greater integration across services

Government should introduce a new Student Premium to top-up the funding of GP practices with high proportions of student-patients

Government should pilot a new digital NHS Student Health Passport





FIGURE 7.2

Less than half of HEIs design teaching and learning models with a view to improve student mental health and wellbeing, while a range of other initiatives are more common

Which of the following initiatives and activities, which aim to improve student mental health and wellbeing, are in place at your institution? (UK) (%) (n=49)



Source: IPPR





EDUCATION

INDIVIDUAL

Mental health should be part of everyday language in higher education permeating every aspect of our work and experience. Individuals need to be able to talk about mental health, to know how to keep well and to support others, to have the knowledge and confidence to ask for help for themselves and others, to understand how to access support within the university and in the wider health and care system.

INSTITUTION

Mental health should be part of the university mission and central to the offer and overall experience. Higher education institutions should be inclusive and supportive learning communities, prioritising mental health for everyone who lives, learns or works in our organisations, offering access to excellent support and care for those who need it, laying the foundation for lifelong mental health. Students and staff should be involved in every stage of the journey to improve mental health.

SYSTEM

The higher education sector should lead a national conversation on mental health. The sector should be bold, innovative, collaborative and inclusive. Universities will work in close partnership with health and care, and with local communities, parents, schools, colleges and employers.

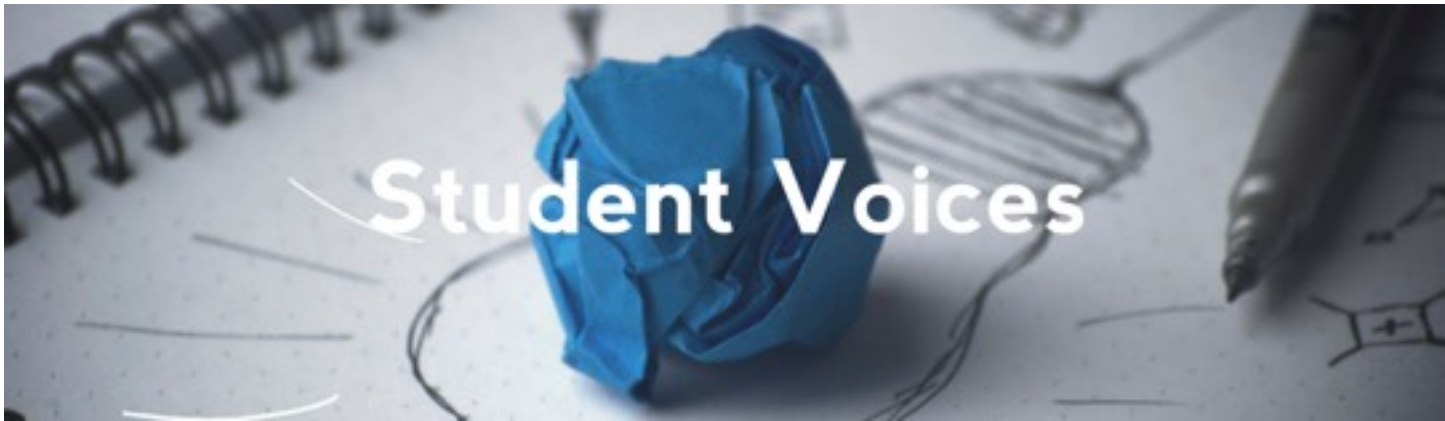
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EXPERIENCE



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Students, as experts by experience, should be active participants in creating a university environment that promotes good mental health

Student Voice Forum

Student Voice Questionnaire

Student Listening Project: Pilot at Birmingham University – HEFCE bid, as part of UUK is funding this project to be run at York, UWE and Cardiff.

Student Voices in the development of a whole university approach to mental health and wellbeing

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Students were asked for their ideal vision of a university that promotes mental health and wellbeing. While students' reflections were diverse, they could broadly be clustered into three themes:

- More accessible support
- More focus on student wellbeing
- An open and inclusive university culture.

You can read more of the findings: <http://www.studentminds.org.uk/studentvoices>

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