University Mental Health Day

Thursday 14th March 2024

Resource Pack (Universities)

About University Mental Health Day

#UniMentalHealthDay

is an annual day to get the nation talking about student mental health and working together to make mental health a university-wide priority.

No matter who you are, you can take part in this day.

Join Student Minds and the University Mental Health Advisers on:

Thursday 14th March 2024

Let's work together to ensure that no student is held back by their mental health.

#UniMentalHealthDay

Why is student mental health important?

There is an increasing number of students accessing support services, experiencing distress and mental illness, having to leave university due to mental health difficulties, and a tragic number of student deaths by suicide.

We believe it doesn't have to be this way.

30% of students said their mental health had got worse since starting university

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There is no good student mental health without good **staff mental health**

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Why is staff mental health important?

Recent research indicates that university staff have higher levels of stress and burnout than the general population and lower levels of wellbeing.

Improving staff wellbeing and mental health is an important issue in and of itself. There is a strong relationship between staff and student wellbeing as universities are, in effect, an ecosystem in which the wellbeing of one group can affect another. Find out more.

We need a whole-university approach to improve mental health and wellbeing on our campuses.

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Who runs University Mental Health Day?

student minds

Student Minds is the UK's student mental health charity. We have a clear mission - no student should be held back by their mental health. We empower students to build their own mental health toolkit to support themselves and their peers through university life and beyond. We challenge the higher education sector, health sector, and government to make student mental health a priority.

Together, we're improving university communities so that every student gets the mental health support they need to reach their goals. Find out more about what we do.

UMHAN
University Mental Health Advisers Network

UMHAN is a national UK charity. We are the largest network of mental health professionals working in education, and have 20 years experience in the Higher and Further Education sector. Our members are dedicated to, and have a practical role in, providing support to students with mental health conditions.

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1 in 4 students said they have a current, diagnosed mental health issue

- Student Minds, 2023

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Why should you get involved?

To truly ensure that "No student should be held back by their mental health" it takes all of us, together.

The "why" then is really simple; things don't have to be this way.

By working together in practical ways we can make mental health not just a buzzword, but a university-wide priority. Whilst awareness is increasing, a lot more can be done to address the existing gaps in knowledge, mental health literacy and the support available for all students.

Your experience is central to the solution of improving mental health for both staff and students at university. We all have mental health, we all have stories to share and we all have the power to shape the future of student mental health.

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How to get involved

There are lots of ways you can get involved in University Mental Health Day this year, such as:

- Run your own campaign or activity - don't be afraid to get creative! You could run a stall, set up a competition, have a silent disco! Whatever you think would work best for your community.
- Attend one of the events across the country.
- Take part in or host a fundraising activity.
- Take on the Step into Spring challenge.
- Join the online movement by using #UniMentalHealthDay across social media.

Get involved

#UniMentalHealthDay

Putting on an event? Let us know!

We always love seeing the creative ways people take part in University Mental Health Day!

If you are planning an event, we would love to make sure your event is celebrated and enjoyed by as many people as possible. If you want our support in getting the word out about your event, make sure to <u>fill in the event form</u> and we will showcase it on our website.

Not sure what event to run but thinking you might like to get creative this March? Take a look at our <u>events map</u> and <u>past events</u> for inspiration!

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81% of students said the cost of living has caused a decline in their mental health

- Cibyl, 2023

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Fundraising tips

Unsure on how to get started with fundraising? Here are our top tips to get you started:

1. Decide your fundraiser with inspiration on the 'Get Involved' page
2. Plan and register your event by signing up on the UMHD website and creating a JustGiving page
3. Publicise your event using our resources to show you are taking part
4. Share event photos and videos with us afterwards so we can celebrate your success with you!

If you have any questions any questions please contact our fundraising team at fundraising@studentminds.org.uk.

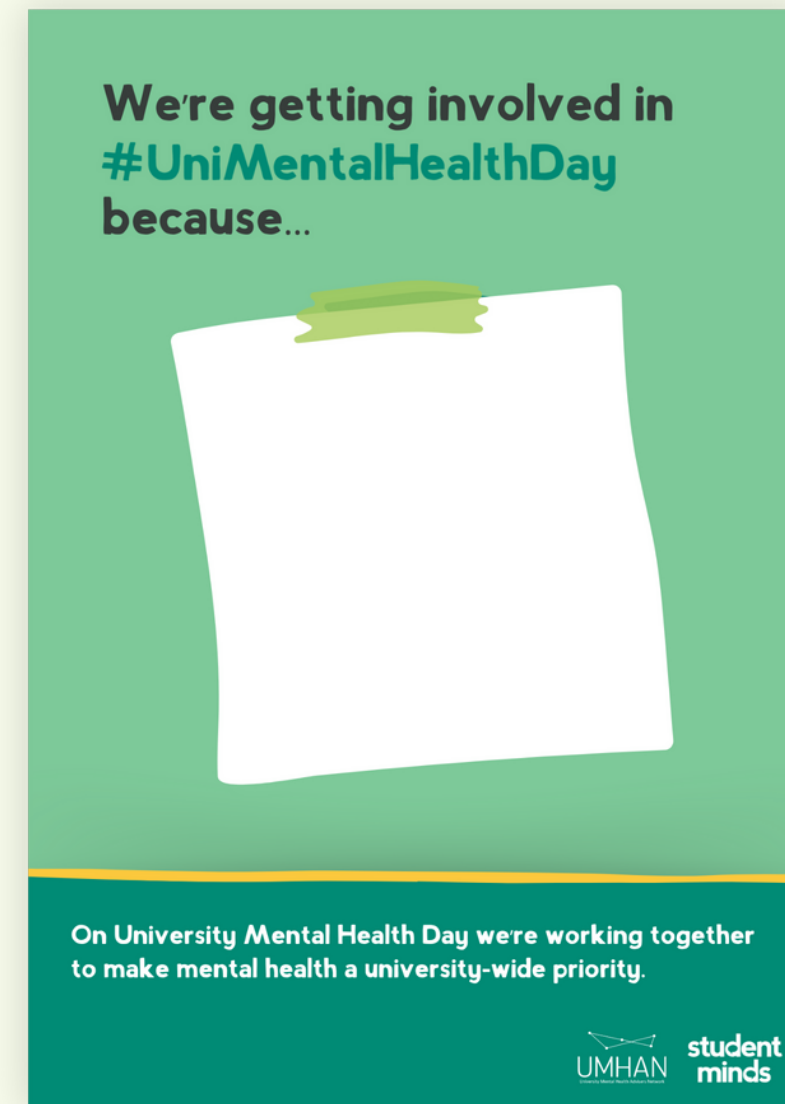For fundraising inspiration, visit Get Involved and our Past Events.

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Resources

Downloadable Assets
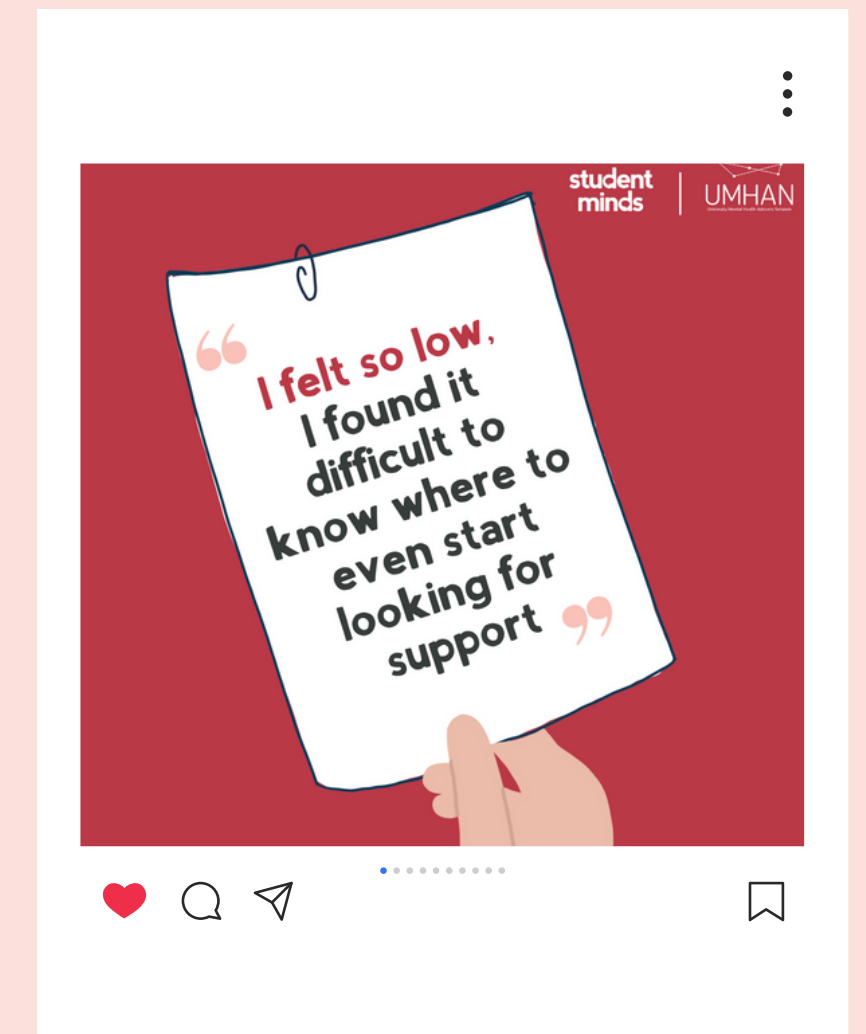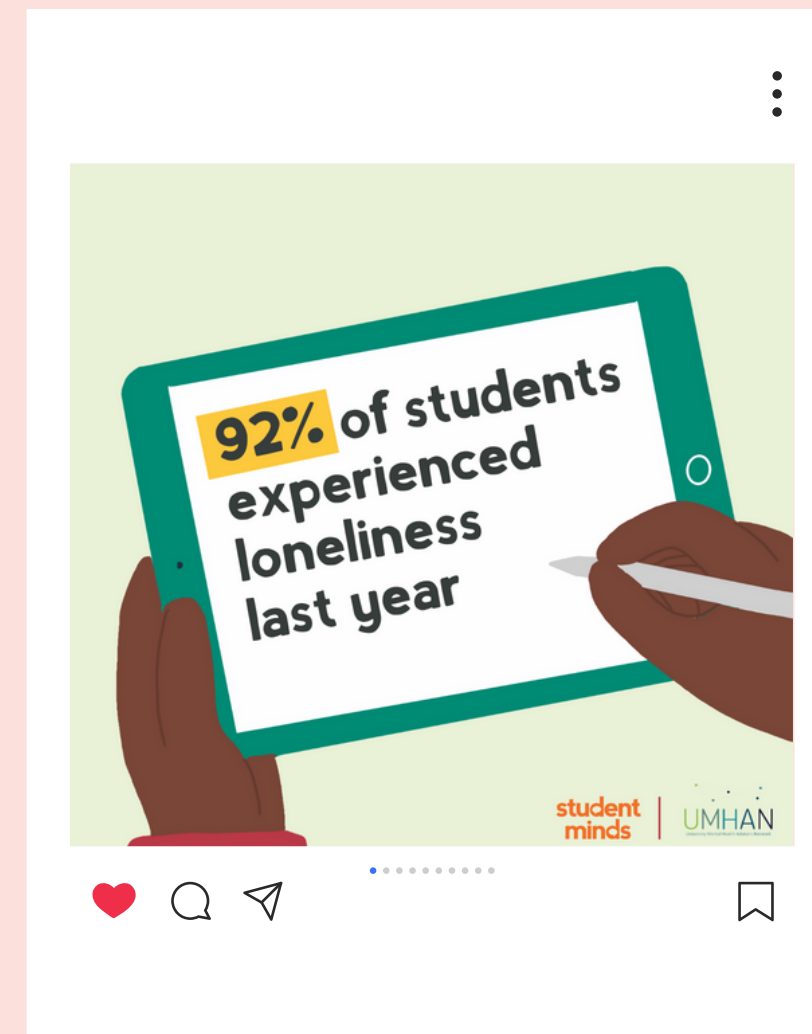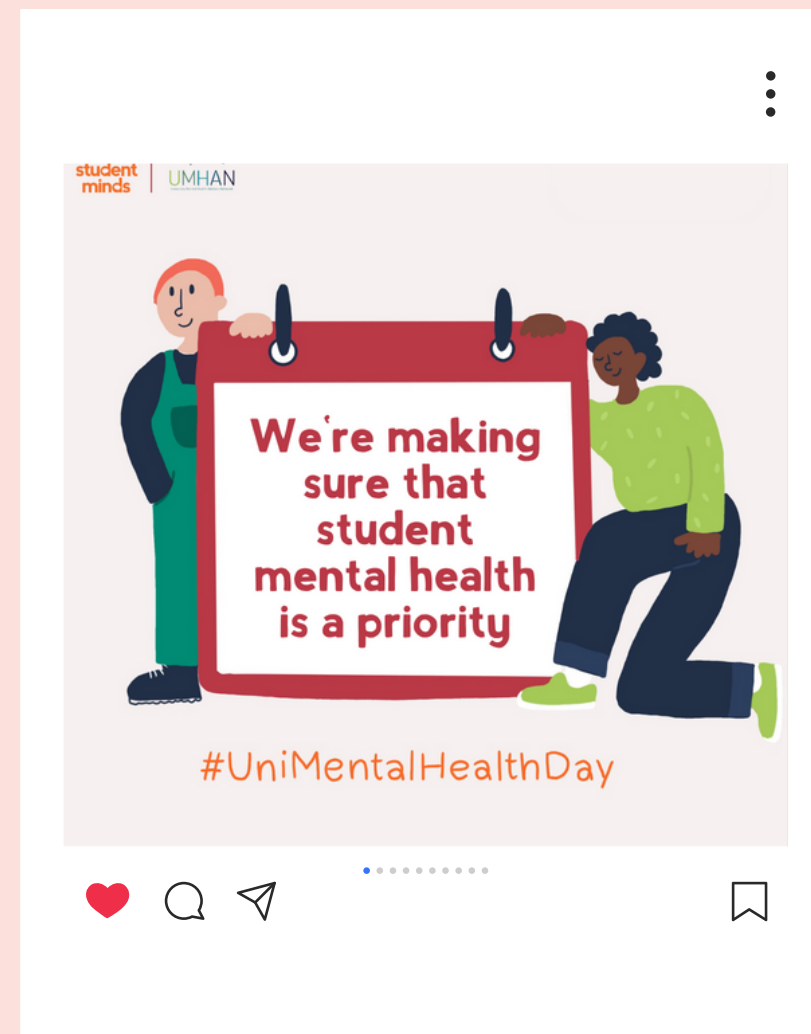
Download our posters and postcards, bunting, logos to use in your meetings and more.

Social Media Assets

Download our multimedia assets to share across all of your social accounts.

Email Assets

Download our email signature assets to let your network know about your involvement in University Mental Health Day

Let everyone know you're taking part on social media

#UniMentalHealthDay

Get creative with your own posts!

Tag @StudentMindsOrg and @UMHANUK and use the #UniMentalHealthDay so we can share them!

Here are some prompts to get you started:

We are supporting #UniMentalHealthDay. Join us on Thursday 14th of March as we get the nation talking about student mental health www.unimentalhealthday.co.uk @StudentMindsOrg @UMHANUK

Join @StudentMindsOrg @UMHANUK for #UniMentalHealthDay on Thursday 14th of March as we make mental health a university-wide priority: www.unimentalhealthday.co.uk

#UniMentalHealthDay is important to me/us because [insert your personal reasoning] @StudentMindsOrg @UMHANUK

No student should be held back by their mental health. Let's use #UniMentalHealthDay to make student mental health a university-wide priority: www.unimentalhealthday.co.uk @StudentMindsOrg @UMHANUK

Find us online

Student Minds

- https://www.facebook.com/studentminds.org.uk
- https://www.instagram.com/studentmindsorg/
- https://www.linkedin.com/company/student-minds
- https://twitter.com/studentmindsorg
- https://www.tiktok.com/@studentmindsorg

UMHAN

- https://www.facebook.com/UMHANUK
- https://www.instagram.com/umhanuk
- https://www.linkedin.com/in/umhan
- https://twitter.com/UMHANUK

#UniMentalHealthDay

Let everyone know you're taking part through email

Use our templates to let everyone know you are taking part in University Mental Health Day:

Dear [insert name],

This year I am taking part in University Mental Health Day on 14th March. University Mental Health Day is an annual event to get the nation talking about student mental health and working together to make mental health a university-wide priority. With 1 in 4 students declaring that they have a current, diagnosed mental health issue, this cause is important to help ensure no student is held back by their mental health.

If you would like to take part alongside me, you can sign up: https://www.unimentalhealthday.co.uk/signup.html

Best Regards
[Your name]

Send

Dear [insert name],

This year I am taking part in University Mental Health Day on 14th March by (add event details here). With 1 in 4 students declaring that they have a current, diagnosed mental health issue, it is important we all come together to help ensure no student is held back by their mental health.

If you would like to support me and donate to the cause, I have set up a JustGiving page (add your page link here) where you can easily donate to support this mission, which will help Student Minds to continue making mental health a university-wide priority.

Best Regards
[Your name]

Send
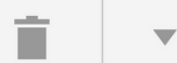
1 in 4 students would not know where to get mental health support at their uni

- Student Minds, 2023

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Support for students

Student Space, run by Student Minds, is here to help students find the support that they need.

Hear from students and explore a range of trusted information and tools to guide students through the uncertainty of student life.
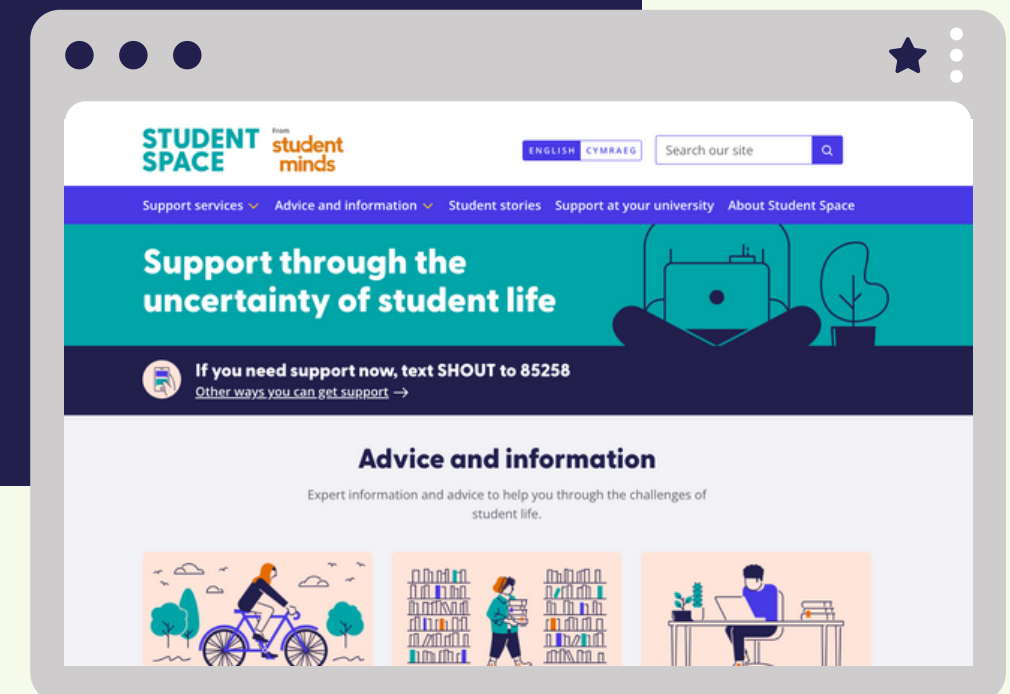
Please share this on your campus and with students in need of support.

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STUDENT SPACE From student minds

Find support:

- Mental health and wellbeing services at your uni
- Money and financial concerns
- Friendships and social life
- Academic stress and pressure

Support for students

Cameron's Coasters

The Cameron Grant Memorial Trust create free customised drink mats which can be used at your university with customisable support services information relevant to your students. Importantly encouraging them to reach out for support if they need it.

Email carol@camgrant.org.uk to get yours printed with Student Space support information.

Find out more

Create meaningful change

#UniMentalHealthDay

Create meaningful change

An initiative by

student minds | University Mental Health Charter

The University Mental Health Charter provides a set of evidence-informed principles to support universities to adopt a whole-university approach to mental health and wellbeing.

By joining the Charter Programme, members can access a range of benefits including - in-person conferences, regular online sessions, Community of Practice events, and an Annual Journey Review to discuss your progress towards a whole-university approach and embedding the Principles of Good Practice

Explore our 22/23 information pack (English/Welsh) with an overview of what to expect. Stay tuned for the release of our 24/25 pack and registration in the coming months.

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Create meaningful change

Join our network of over 500 trainers from 120+ Higher Education Institutions who are making a difference to student mental health!

Our training courses are designed to equip students and staff with the skills and knowledge to provide support within the student community, as well as look after their own wellbeing.

What we offer:

<u>Look After Your Mate</u> training provides university and SU staff with the knowledge, confidence and skills to run our Look After Your Mate workshop to empower students to support friends experiencing mental health difficulties.

<u>Mental Health in Sport</u> training equips staff involved in HE sport with the knowledge, confidence and skills to make sport at their university inclusive of individuals experiencing mental health difficulties; by running our student workshop on university campuses.

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87% of university staff who registered for our training courses have felt more confident in their workshop facilitation skills after completing the training

95% of students felt 'confident' or 'very confident' in their skills to support a friend who may be struggling after attending student workshops run by our trainers

Create meaningful change

UMHAN
University Mental Health Advisers Network

'I Chose To Disclose' Campaign

Only 53% of students who had mental health issues disclosed these to their uni

- Unite Students, 2019

Join the University Mental Health Advisors Network as they share stories and experiences of students who chose to disclose and how it has helped them and their university experience.

Find out more

#IChoseToDisclose

#UniMentalHealthDay
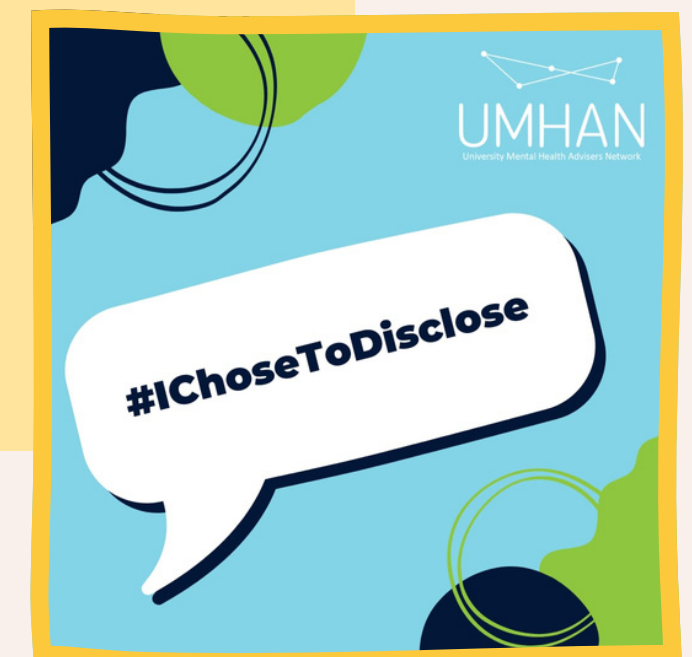
Join us to create year round change

UMHAN membership is open to anyone who has direct contact with students with mental health conditions. UMHAN members can keep up-to-date on policy developments, changes in legislation, projects and events through our active discussion forum and by attending regular members' meetings. These meetings are a great opportunity to meet staff in similar roles working across the UK or in your local area; access face to face peer support, and enhance your professional development. External speakers are regularly invited to provide training opportunities on a range of current and relevant topics.

Sign up today

Sign up to **Student Minds** Newsletter to receive year round updates about university mental health - from policy updates, to new campaigns, research, to support available for students. Direct to your inbox.

Sign up today

#UniMentalHealthDay

UMHAN
University Mental Health Advisers Network

student minds

Thank you

Together, we can make mental health a university-wide priority.

Make sure to follow us on social media and sign up to our Newsletter to keep up to date!

If you have any questions or would like any further support then please contact comms@studentminds.org.uk.