University Mental Health Day

Thursday 14th March 2024

Resource Pack (Organisations)

University Mental Health Day
University Mental Health Advisers Network

UMHAN
University Mental Health Advisers Network

student minds

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?

At a time when mental health is increasingly on the public agenda, supporting university mental health requires the support of everyone to ensure no student is held back by their mental health.

Show that your organisation wants to be part of the change today!

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

#UniMentalHealthDay

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 organisation's contribution and own lived experience are 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 - you could run a team competition, set up a coffee morning or host a quiz!
- For a more substantial challenge why not take on the Student Minds' Step into Spring challenge?
- Attend an event: Join UMHAN on University Mental Health Day where they will be asking "When does anxiety become a problem?".
- 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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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
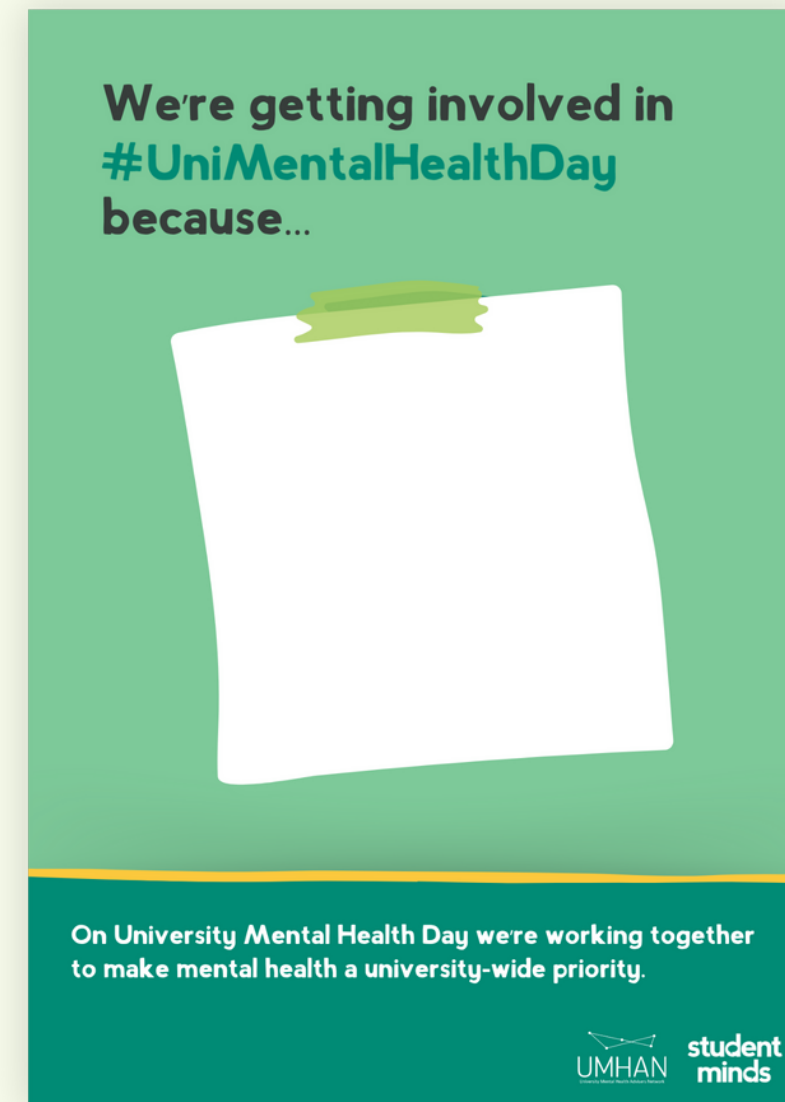
Downloadable Assets
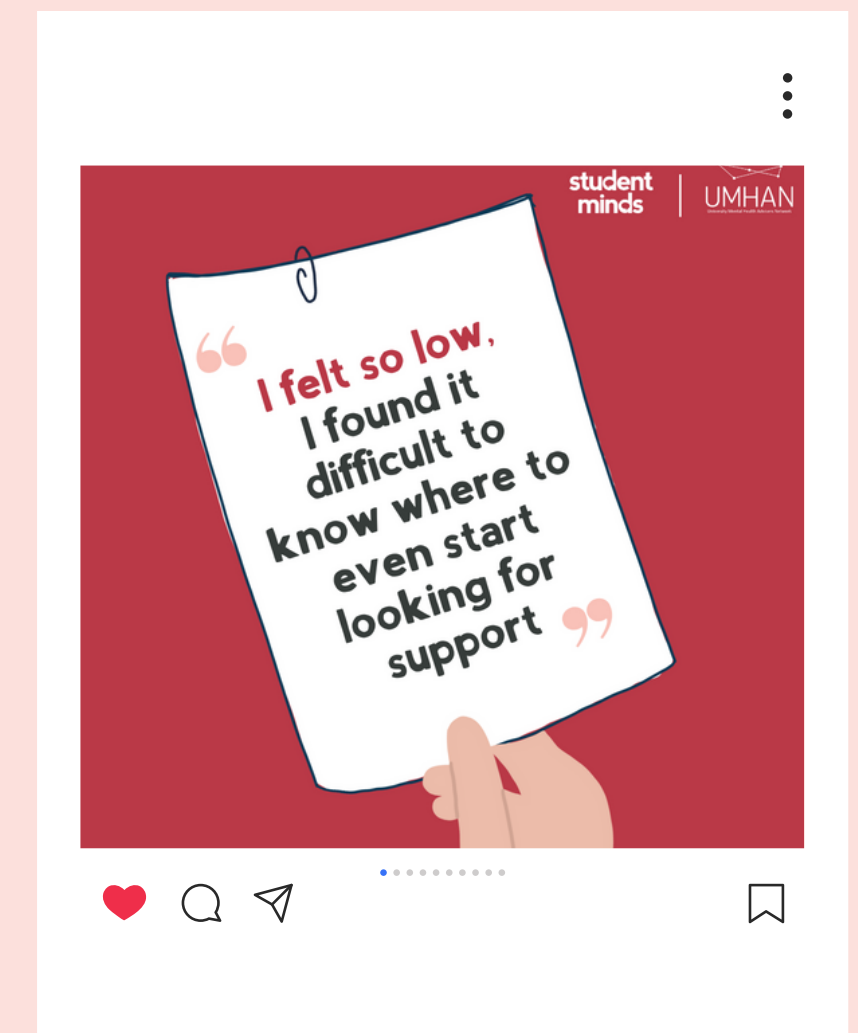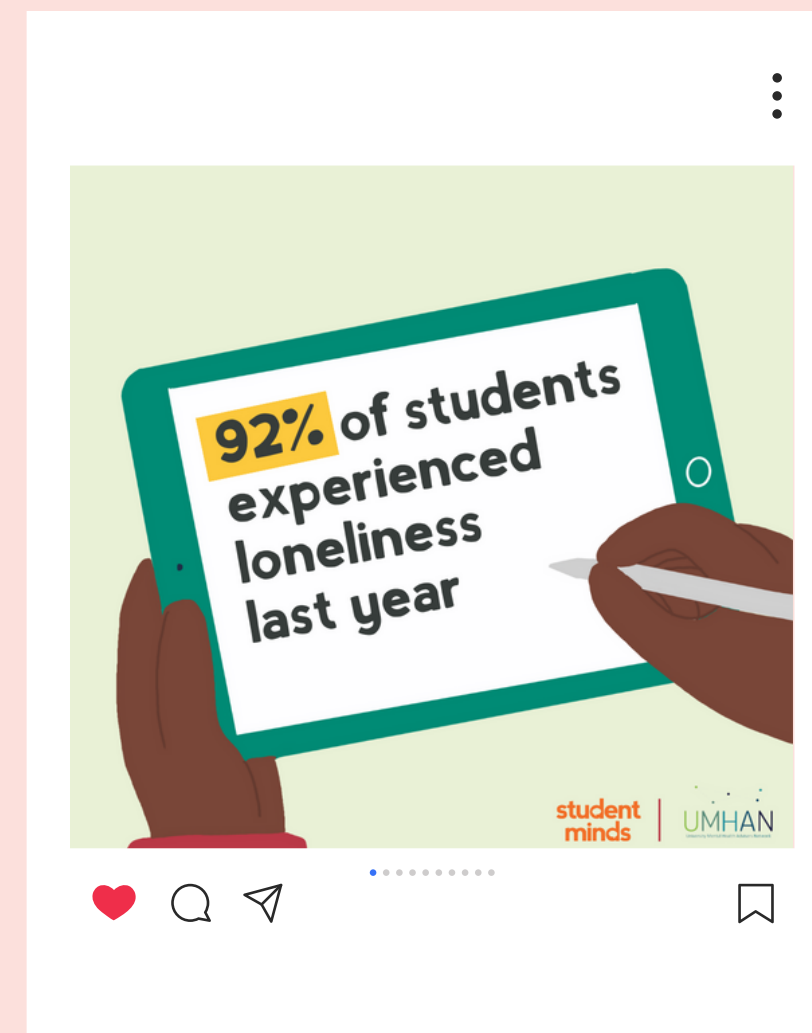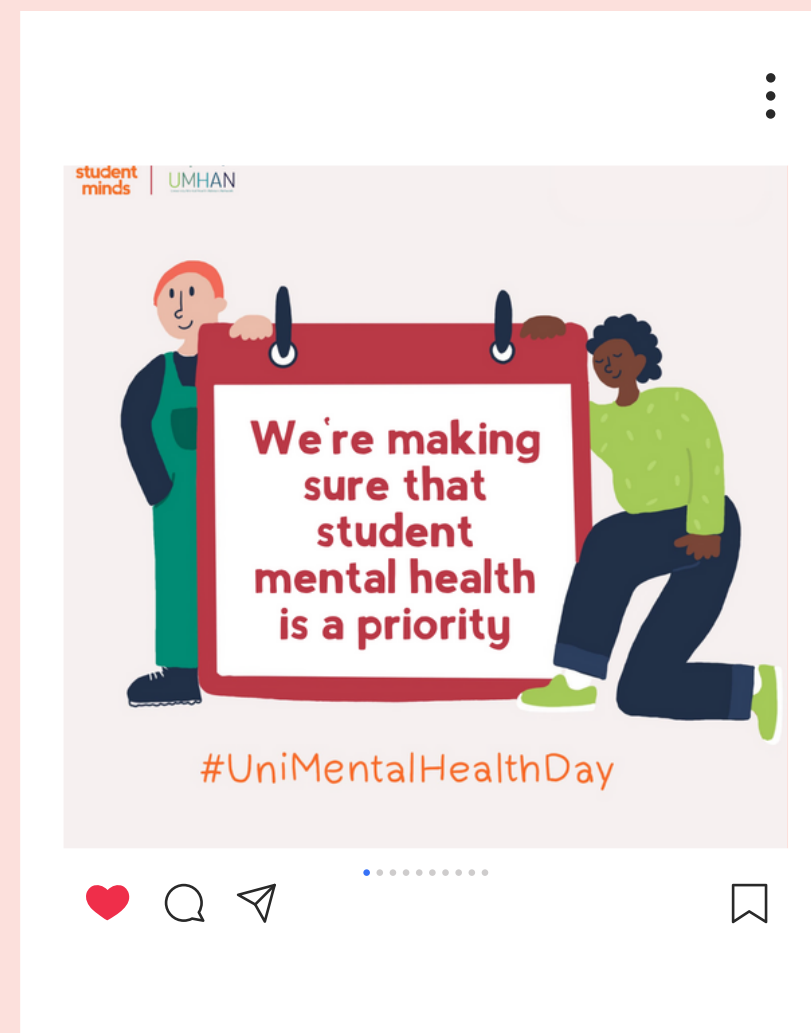
Download our posters and postcards, bunting, logos to use in your meetings and more.

Social Media Assets

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

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 <u>University Mental Health Day</u> 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

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Dear [insert name],

This year I am taking part in <u>University Mental Health Day</u> 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
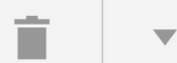
1 in 4 students would not know where to get mental health support at their uni

- 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.
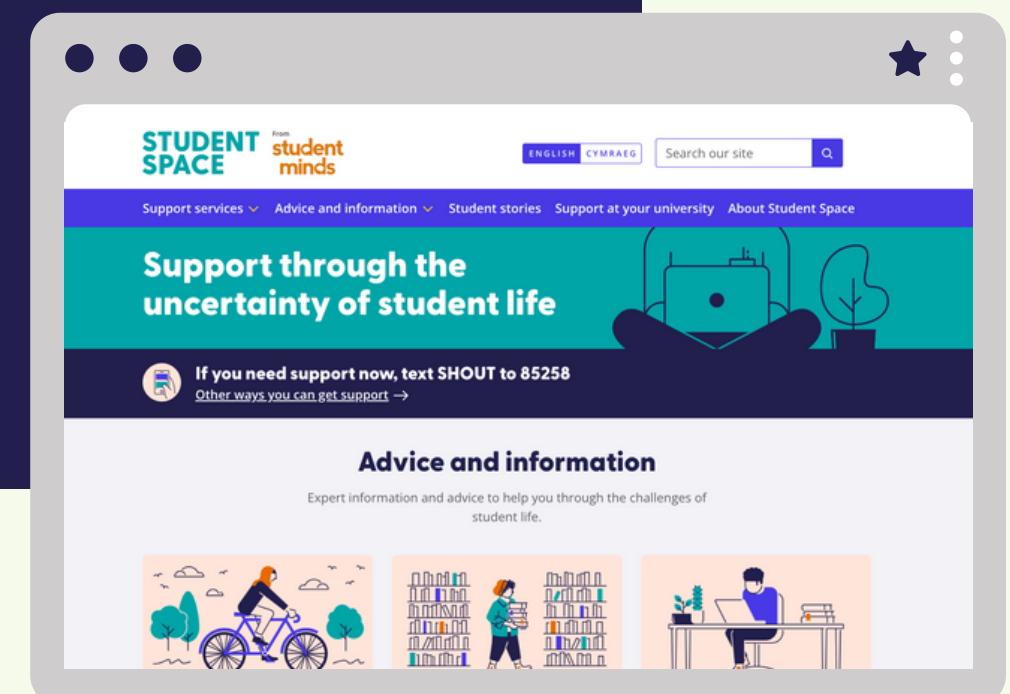
Please share with your networks and online for students in need of support.

Find support:

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

STUDENT SPACE From student minds

STUDENT SPACE From student minds | ENGLISH CYMRAEG | Search our site

Support services | Advice and information | Student stories | Support at your university | About Student Space

Support through the uncertainty of student life

If you need support now, text SHOUT to 85258
Other ways you can get support →

Advice and information

Expert information and advice to help you through the challenges of student life

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Create meaningful change

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

- Cibyl, 2023

Want to support Student Minds year round?

Are you looking to demonstrate your commitment and compassion for mental health? Do you want to showcase your thought leadership and increase your brand awareness? Is benchmarking your organisation as an industry innovator important to you?

Student Minds' corporate partners are courageous and unique organisations. We create mutually beneficial, bespoke partnerships that enable both of us to achieve our goals.

As a corporate partner you can:

- Sponsor national university mental health campaigns, training, resources and support programmes
- Utlisie our partner benefits such as social media posts, webinars and insights reports
- Choose Student Minds as your Charity of the Year
- Run cause related marketing initiatives
- Donate as a long-term partner

Take a look at our Corporate Partners

Make sure to email us at corporate@studentminds.org.uk or call us on 0113 343 8440 to begin your journey in becoming a key part of our corporate family.

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Do you work in uni accomodation?

Join our network of accommodation staff and organisations who are making a difference to student mental health!

Who is the training for?
The training programme is designed for accommodation staff – from cleaners to night porters – who work directly with students.

Email training@studentminds.org.uk if you have any questions.

What we offer:

Our 'Supporting Student Mental Health In Accommodation Settings' training empowers accommodation staff to notice and recognise signs and symptoms of mental health difficulties, whilst also providing the knowledge and confidence to know how to engage in supportive conversations to signpost students to further support.

Our Student Living: Collaborating to Support Mental Health in University Accommodation report recognised that accommodation providers have a key role to play in creating a Higher Education community that promotes positive wellbeing.

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"The training provided a great overview of mental health issues facing students, and the ways in which we can effectively signpost students to get the help they need."

"A really informative and well presented day. Really enjoyed the case studies and the practical engagement with other learners."

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.

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