



University Mental Health Day

Thursday 14th March 2024

Resource Pack (Student)



#UniMentalHealthDay



**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.



Why is student mental health important?

Academic pressure, money worries, loneliness.
It's easy to feel overwhelmed at university.

Identity crises, discrimination, and global concerns can make student life even tougher to navigate for the **2.3 million students** currently studying in UK universities.

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



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 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.

**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. While 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.

[#UniMentalHealthDay](#)



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 fill in the event form 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 events map and past events for inspiration!

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](#).



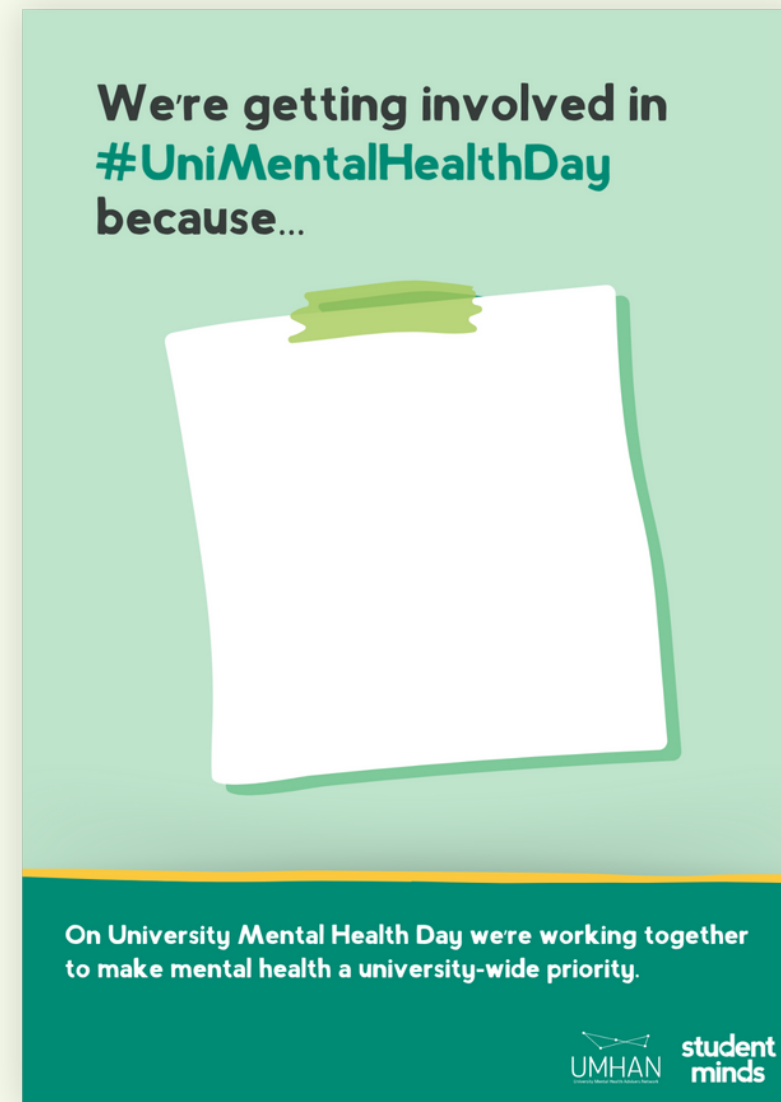
Resources



#UniMentalHealthDay

Downloadable Assets

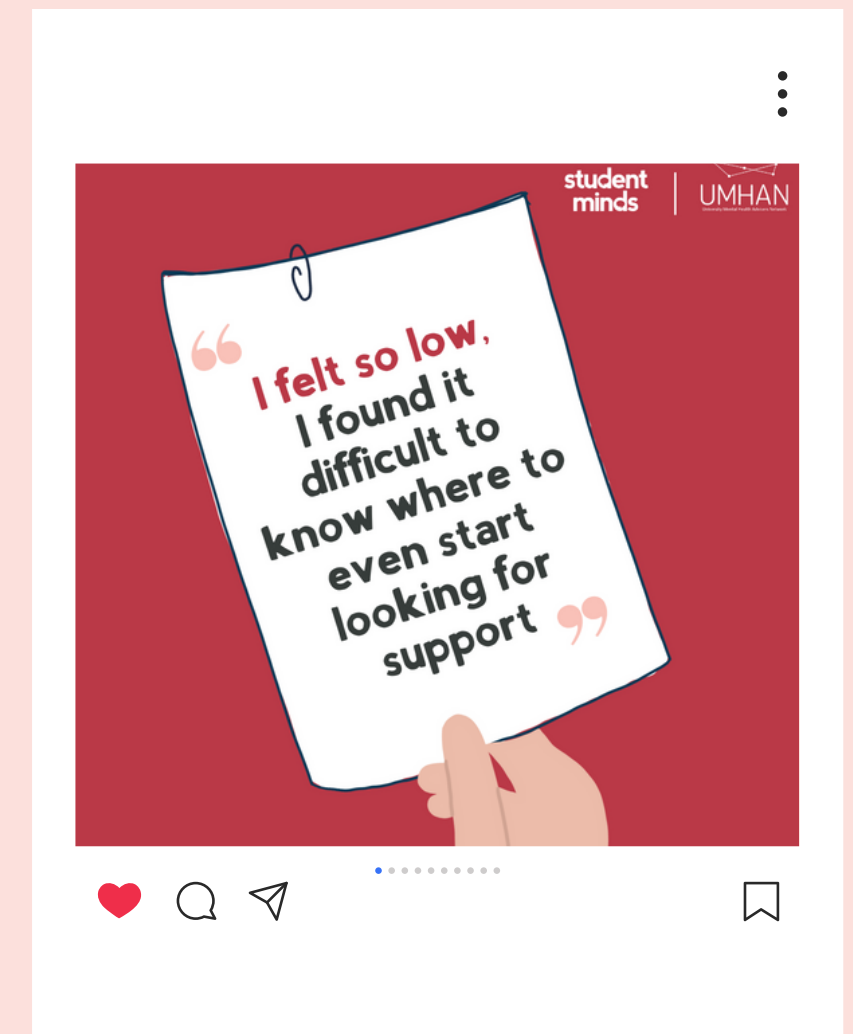
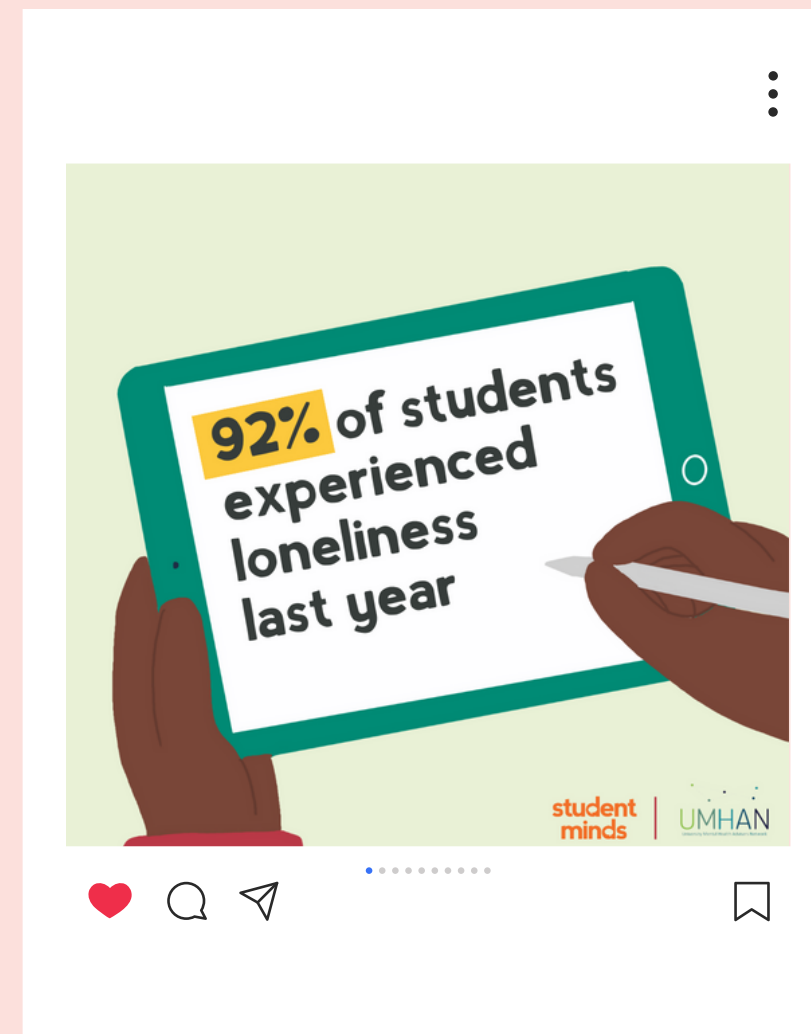
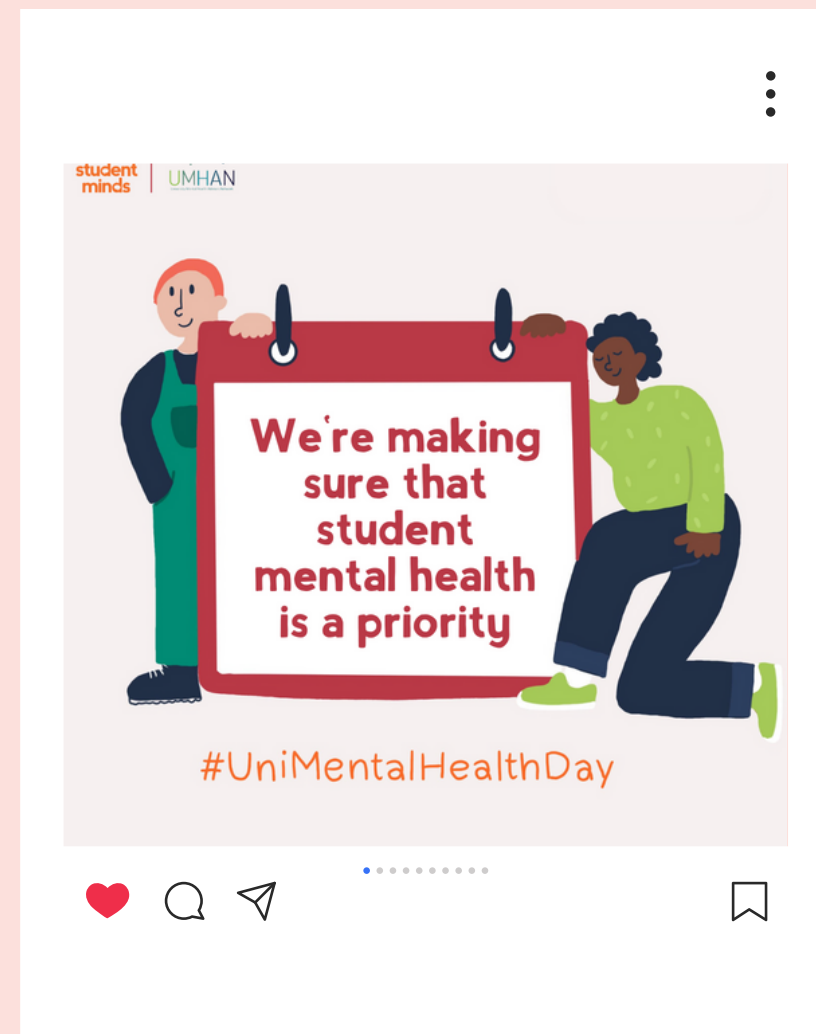
Download our posters and postcards, bunting, logos to use in your meetings and more.



#UniMentalHealthDay

Social Media Assets

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



#UniMentalHealthDay

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>

Share your story

By telling your stories and sharing tips and advice you can help show other students that they are not alone, recovery is possible and you can still succeed at university despite experiencing mental health difficulties. Together your experiences can change attitudes, reduce stigma and create positive change in mental health.

[Share your story on the Student Minds' Blog](#)

#UniMentalHealthDay



blog
student
minds



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

- Student Minds, 2023

#UniMentalHealthDay

Support for you

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

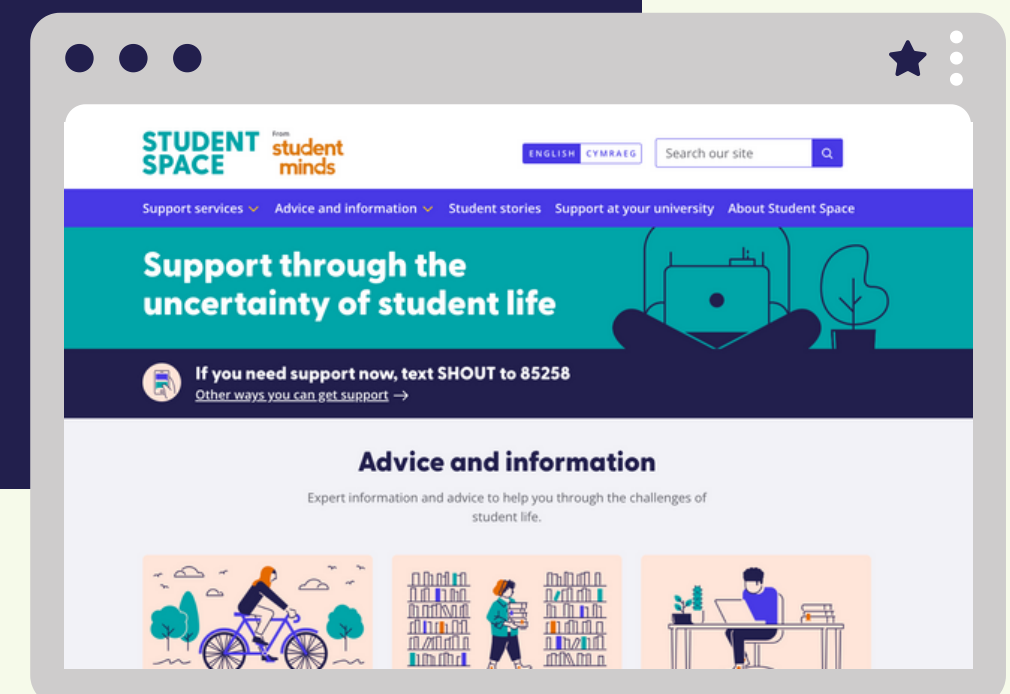
Hear from students and explore a range of trusted information and tools to guide you through the uncertainty of student life.



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**



Create meaningful change



#UniMentalHealthDay

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

- Cibyl, 2023

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Create meaningful change

The Cost of Living Hub

We recognise that the current cost of living crisis is seriously affecting the mental health and wellbeing of students.

Student Minds' [Cost of Living Hub](#) is here to provide you with resources to learn and talk about the cost of living crisis and its impact on student mental health.

Hear directly how students are being affected, find support if you are experiencing financial difficulties, and keep up to date with ongoing campaigns and how you can get involved.





“I am constantly stressed about money. I rarely use heating to save money, so am often cold”

- Student

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Create meaningful change

#UniMentalHealthDay

An initiative by
**student
minds**



**University
Mental Health
Charter**

The University Mental Health Charter provides a set of evidence-informed principles to support universities across the UK in marking mental health a university-wide priority.

Our Student-led Improvement Tool is a co-produced guide for students wanting to improve their university's approach to mental health and wellbeing, based on the principles of good practice outlined in the Charter.

The Charter Award recognises those universities that promote good mental health and demonstrate excellent practice.



Create meaningful change

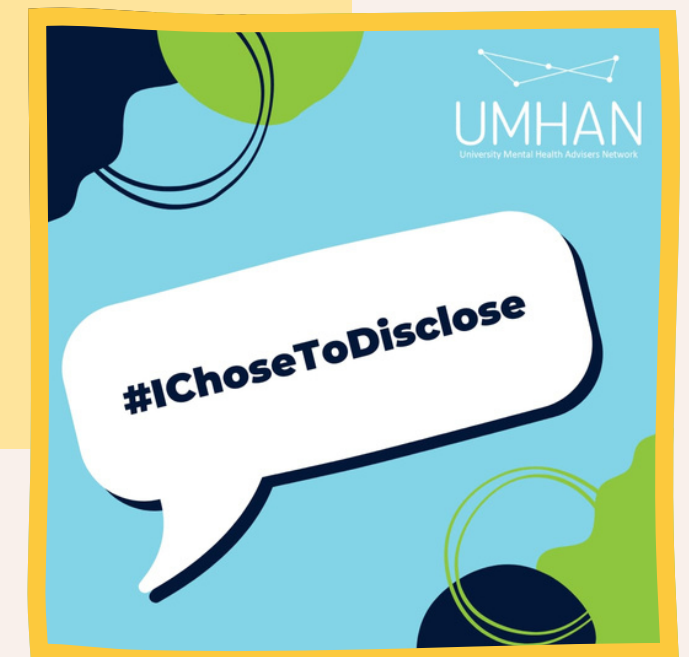
'I Chose To Disclose' Campaign

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

- Unite Students, 2019

Join University Mental Health Advisers 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](#)



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.

