Have you experienced or seen injustices in student mental health?

Want to do something about it?

Ask yourself, do you think this is:

- ☐ Widely felt? (Are a lot of people in the same boat?)
- ☐ Deeply felt? (Does it greatly affect students?)

If the answer is "yes" to one of these questions, then why not **LEAD**?

Listen - find out if other students feel the same and want something to be done about it

Empower - work with them, make them part of your team

Action - make a plan and take action to overcome the injustice

Debrief - be sure to learn from each stage, to improve your chances of successfully influencing the change you want to see!

Use your voice to become a LEADer in student mental health on your campus...

University Mental Health Day
use your voice
MARCH 7th 2019

How to LEAD...

Listen -
Understand the issue, ask students in person, set up a listening session, ask your uni or SU if they have research on student mental health, do your own survey. Find out who the decision makers are that you can target to achieve change.

Empower -
Call and promote a meeting with others interested in influencing change. This will get you more team members and more perspective on the injustice.

Action -
Create a plan, setting out step-by-step how you and your team will achieve the change you want to see to student mental health. You could run a talk on campus, set up a petition, organise a listening session with the decision makers, do a march... there are lots of different ways to take action. Just ensure this takes you closer to your goal!

Debrief -
Always build in time to learn from your experiences with your team. It will never be perfect, but you can always learn and develop your approach to make it more effective next time.

Want to take a LEAD on mental health on your campus? Email campaigns@studentminds.org.uk to join the movement!

UMHAN student minds
www.unimentalhealthday.co.uk