University Mental Health Day

University Mental Health Day brings together the university community to make mental health a university-wide priority and create ongoing year round change to the future of student mental health. Run jointly by Student Minds and the University Mental Health Advisors Network.

No student should ever feel alone with their mental health.

We will continue fighting to inspire conversations, take action and create change. Now more than ever it's important to get the nation talking about student mental health.

Join us on **Thursday 3rd March 2022** as we inspire conversations, take action and create change.

#UniMentalHealthDay

Join us!

There are lots of different ways to get involved this University Mental Health Day:

- Join the online movement using **#UniMentalHealthDay**

- Run an activity/campaign and add it to our map (www.unimentalhealthday.co.uk/events)

- Download and share our resources

- Share your story and experiences (www.studentmindsblog.co.uk)

- Fundraise to help us support more students and university communities

- Share the support available on Student Space (studentspace.org.uk)

For more information on getting involved: www.unimentalhealthday.co.uk/getinvolved

#UniMentalHealthDay

University
Mental
Health Day

Join us on social media

#UniMentalHealthDay

Social media posts – before the day

- Now more than ever it's important to get the nation talking about student mental health. Join us this #UniMentalHealthDay: www.unimentalhealthday.co.uk

- Did you know it's not long until #UniMentalHealthDay? Join in online on Thurs 4th March as we make mental health a university wide-priority: www.unimentalhealthday.co.uk

- Join @StudentMindsOrg @UMHANUK for #UniMentalHealthDay on Thursday 4th of March as we make mental health a university-wide priority: www.unimentalhealthday.co.uk

- We are supporting #UniMentalHealthDay. Join us on Thurs 4th of March as we get the nation talking about student mental health: www.unimentalhealthday.co.uk

#UniMentalHealthDay

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Social media posts – on the day

- Today is #UniMentalHealthDay – join us as we make mental health a university-wide priority: www.unimentalhealthday.co.uk

- #UniMentalHealthDay is important to me/us because [*insert your personal reasoning*]

- We are/I am supporting #UniMentalHealthDay. Join us/me as we get the nation talking about student mental health: www.unimentalhealthday.co.uk

- No student should ever feel alone. Let's use #UniMentalHealthDay to make student mental health a university-wide priority: www.unimentalhealthday.co.uk

- This #UniMentalHealthDay we are creating lasting change by [Insert action]

- You are never alone. If you're struggling text 'STUDENT' to 85258 to start a conversation 24 hours a day. #UniMentalHealthDay

- #StudentSpace is here to support students with their mental health by providing direct support and resources. Text 'STUDENT' to 85258 to start a conversation. #UniMentalHealthDay

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Support social media posts

- **Studying during coronavirus:** Online learning over the past year has been challenging. #StudentSpace has resources about making the most of learning online to make managing your studies easier: http://ow.ly/N98F30sbJ6T #UniMentalHealthDay

- **Mental health and wellbeing:** It's now more important than ever to look after our mental and physical health. Explore #StudentSpace to find resources and tips on improving your wellbeing: http://ow.ly/aYKa30sbJ9H #UniMentalHealthDay

- **Friendships and social life:** The last year in the pandemic might have make it harder to make friends at uni this year. If you're feeling isolated, check out @StudentMindsOrg tips on building a network during these difficult times: http://ow.ly/a2Jj30sbJ9U #UniMentalHealthDay

- **Applying for jobs:** Job hunting is daunting anyway, and doing it in a pandemic has only made it more challenging. #StudentSpace has a whole section to help you out: http://ow.ly/c5ks30sbJeR #UniMentalHealthDay

- **Money:** The pandemic might have created some extra pressures on your finances, #StudentSpace is here to help with tips to help with your money worries: http://ow.ly/SVtQ30sbJf5 #UniMentalHealthDay

- **Life as a disabled student:** #StudentSpace has introduced a whole new section specifically for students with disabilities, have a look at their tips: http://ow.ly/Vxvr30sbJfh #UniMentalHealthDay

- **Grief and loss:** The coronavirus has caused a lot of us to experience loss, in different forms. Whether you are grieving or experiencing other types of loss, have a look at #StudentSpace for advice and support: http://ow.ly/Fazo30sbJmF #UniMentalHealthDay

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Share Student Space

Student Space, ran by Student Minds is here to help you with expert support and wellbeing advice. Whether you're stressed about your studies, relationships or if you have concerns about university life, you don't have to struggle on your own: studentspace.org.uk
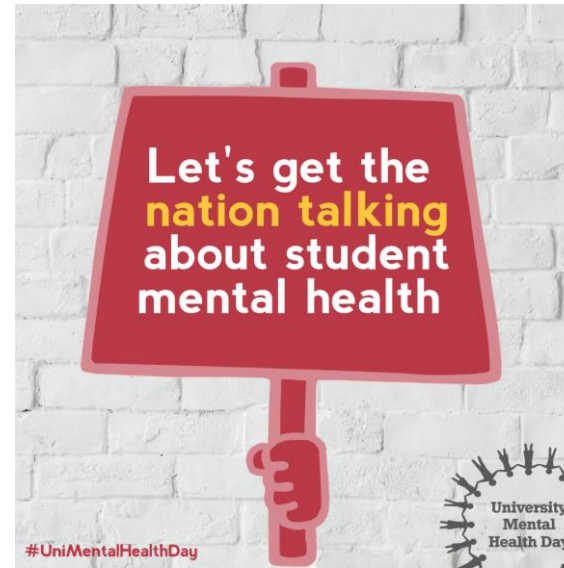
Download our social media sharers

Download our social media shares to support your activities or download the UMHD logo in a variety of colours and get creative!

Don't forget to use #UniMentalHealthDay and tag @StudentMindsOrg and @UMHANUK in your posts so we can share them!

Thank you!

If you have any questions or would like any further support please email our Communications Manager Grace on comms@studentminds.org.uk.

We are on hand to make your activities a success. Together we can create change!

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