

No student should be held back by their mental health.



student
minds

Our ten-year strategy to improve university communities

Academic pressure, money worries, loneliness. It's easy to feel overwhelmed at university. Around one in four students report having a diagnosed mental health issue while at university.

Navigating identity, discrimination and global concerns can all make student life even tougher.

We want every student to have the mental health support they need to reach their goals. We know this is a bold ambition, that's why we've put a bold strategy in place to achieve it.

Over the next ten years, we commit to:

Continue driving positive change for students:
We'll keep working with students, the higher education sector, health sector, and government to make student mental health a priority, and we'll continue empowering students to look after their own mental health.

Ensuring that positive change lasts:
We'll focus on preventative, sustainable, long-term changes that will benefit future generations, as well as the students of today.

We'll do this by focusing on **amplifying students' voices and facilitating learning and improvement** for university communities.

We'll know we've succeeded if, in ten years:

- ✓ Every university, students' union, and higher education organisation commits to create university communities that support students' mental health and wellbeing.
- ✓ All students experiencing mental health conditions, whatever their postcode, have rapid access to effective support, both at their institutions and through the NHS so the whole health system works for students.
- ✓ All members of the university community, including its leaders, are health literate and health-promoting. They are equipped with the knowledge, confidence, and skills to look after and talk about the fundamentals of their own wellbeing, to support others and sustain a positive culture.
- ✓ The factors that create inequalities, challenges and barriers for student wellbeing and contribute to students developing mental health conditions or experiencing acute distress become better understood and challenged within university communities. Such as discrimination, harassment, sexual violence, climate change and financial and housing issues.
- ✓ Health and life outcomes for students improve, with fewer students having to leave education due to gaps in understanding or health provision.

If you'd like to support us on this journey, visit studentminds.org.uk to find out more.