

student
minds

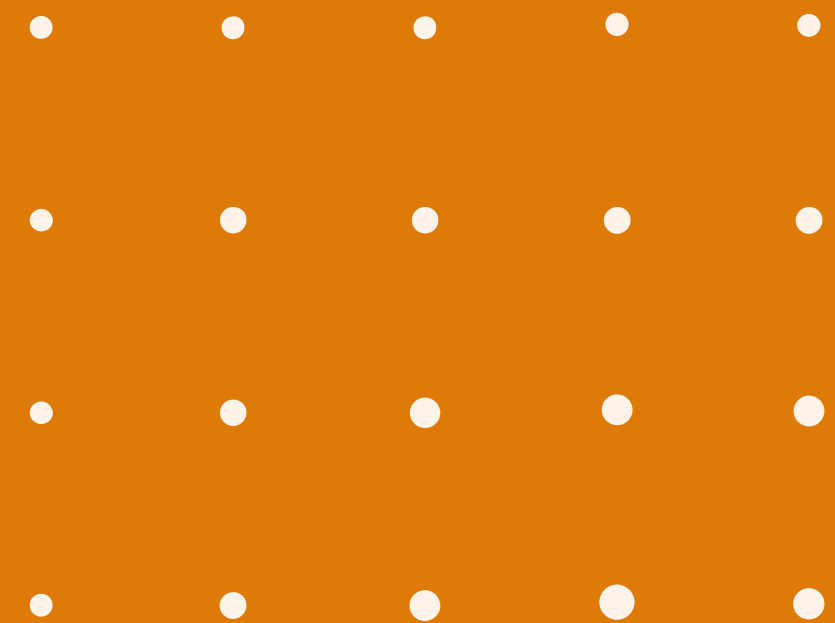
Student Minds Impact

IN 2021-2022

Student Minds is the UK's student mental health charity. We challenge the health sector, higher education sector and government to make student mental health a priority. We empower students to build their own mental health toolkit to support themselves and their peers through university life and beyond.

Together, we're improving university communities so that no student is held back by their mental health.

Here's a snapshot of the difference we made in the 2021-22 academic year.



**We empowered students to look after
their mental health.**



2,117 students attended our Look After Your Mate and Mental Health in Sport workshops. They developed skills in reaching out to and supporting friends experiencing mental health difficulties

We also trained a further **182** university staff to run these workshops nationwide so that even more students can benefit in the year ahead.

“I feel more confident in looking out for specific signs that someone has concerns about their mental health, and I now feel well-equipped to deal with these concerns and support them to the best of my abilities.”

- Student Attendee

We helped students to navigate the ongoing uncertainty of student life through our digital platform, Student Space.



319,482 people visited the platform, utilising our psychoeducational resources on coping with commonly experienced issues.

4,804 people used our support services for students at greater risk of experiencing mental health difficulties, run by specialist organisations.

"The Voice Collective Workshops' have been a wonderful way for me to feel connected with other students - especially students who understand the issues and difficulties that can arise from living with certain mind states" - Student Voice Collective workshop attendee

We improved university communities so that the mental health of all students is a priority.



We trained 54 staff at four student accommodation providers to be aware of the issues faced by students. **Accommodation staff** are often the first people to come into contact with students in distress. **Attendees now have the skills to provide support and signpost students to further support.**

91.2% of attendees said they had a good understanding of the issues around student mental health after attending our training.

"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." - Training attendee



41 institutions across the UK joined the first year of the University Mental Health Charter Programme and committed to creating a university community that supports mental health and wellbeing.

We supported **16 students' unions** to play a leading role in shaping a better future for students' mental health.

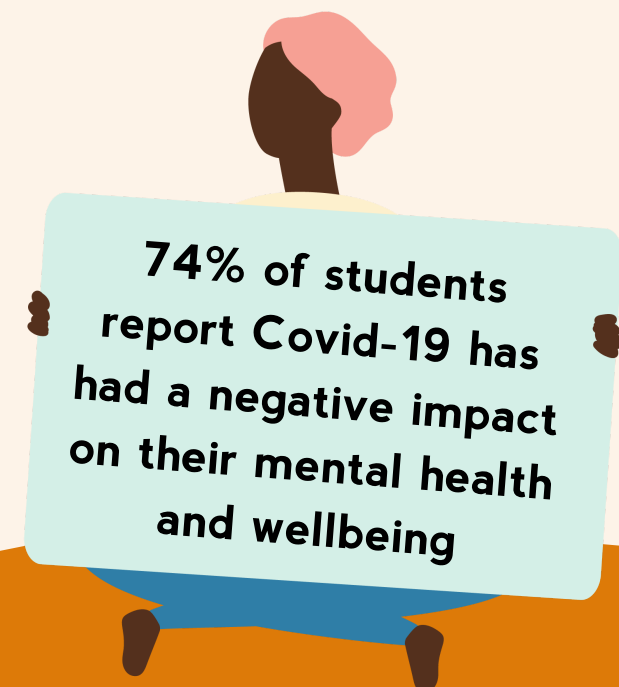
"We have found engaging with the programme invaluable. Being part of the Charter programme has already resulted in a number of positive enhancements, including developments to our support services." - Glasgow Caledonian University

We bridged a gap between students and the communities around them to ensure their voices are always heard.



We published a report into the experiences of [International Students](#) and shared recommendations for the higher education sector on how to better support international students through their time at university.

We published the second wave of our [Life in a Pandemic research](#) to let the sector know how students nationwide are feeling. Our team shared our insights at government roundtables and conferences from Edinburgh to Plymouth.



Our community in numbers



6 clinical professionals helped to ensure our programmes are safe and in line with the latest research as members of our Clinical Advisory Group.

10 student content creators created a range of beautiful illustrations and videos, capturing the experience of being a student through the tumultuous waves of the past academic year. Check out our Instagram, TikTok and Twitter pages @studentmindsorg to see their work.

16 students fed into our projects and strategic decisions as members of our Student Advisory Committee. This ensured our work aligns with what students truly want and need.

32 blogs were published on [The Student Minds Blog](#). The Blog, run by our student editorial team, is a space for students to share their experiences and remind others going through similar things that they are not alone.

A big thank you to all of our funders and major donors

Equitix

JISC

CRM Students

Tribal Group

Unite

Derwent FM

Abodus

Enterprise

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**LexAble (now part of the
texthelp group)**

Xenia Students

ASK 4

Fusion Students

Homes for Students

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Thank you!

We'd like to extend a special thank you to all our volunteers, partners, advocates, supporters, donors and fundraisers. Without you, none of this would have been possible.



Together, we can put student mental health first.

Get in touch:



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