



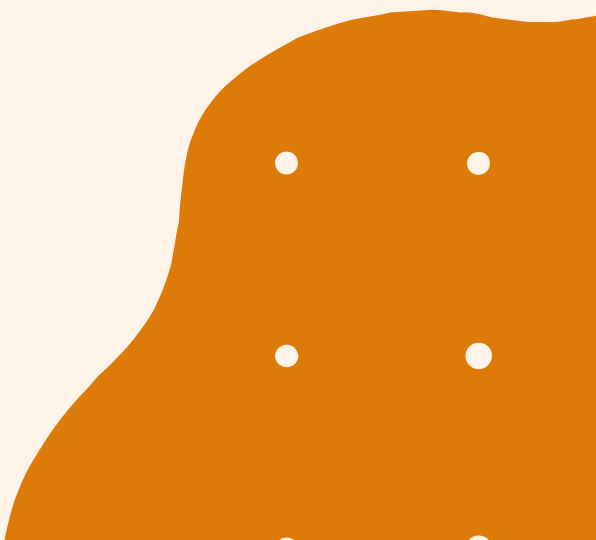
Student Minds: Putting student mental health first

OUR IMPACT IN 2022/23

**student
minds**

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Student Minds is the UK's student mental health charity.

Academic pressure, money worries, loneliness. It's easy to feel overwhelmed at university. Navigating identity, discrimination and global concerns can all make student life even tougher.

But the needs of students are too often overlooked. It shouldn't be this way.

In February 2023, we surveyed over 1,000 students (in partnership with Alterline) and found:

- **1 in 3** students reported poor mental wellbeing
- **59%** of students surveyed said that managing money was a cause of stress often or all the time
- **1 in 4** students would not know where to go to get mental health support at university

We want every student to have the mental health support they need to reach their goals.

We challenge the higher education sector, health 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.

We focus on preventative, sustainable, long-term changes that will benefit future generations, as well as the students of today.

This report provides an overview of how we improved university communities in the 2022/23 academic year, to ensure that no student is held back by their mental health.



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



1,266 students from **52 institutions** attended our **Look After Your Mate workshops**. These workshops enable students to confidently be the first point of support for peers experiencing mental health difficulties.

Students' knowledge of support available at their university increased by an average of **29%** after the workshop.

We trained **145** staff at institutions nationwide to run the workshops to more students in the year ahead.

"I don't usually feel confident about delivering training but I feel good about scheduling these training sessions"

- Train the Trainer staff attendee

"I learnt a lot about my own mental health, and I feel more equipped to help others who might be needing help"

- Look After Your Mate workshop attendee.

A further **293** students from **15** universities attended our **Mental Health in Sport** workshops, enabling students in sports teams to be there for their teammates when they're struggling.

After the workshop **97%** of attendees felt they had the necessary skills to support a friend experiencing difficulties and **94%** felt quite or very confident in their ability to signpost teammates to further support.

This year we trained **26** staff nationwide to run the workshops to more students going forward.

"The best and most resourceful workshop I will/have ever attended at uni"

- Mental Health in Sport workshop attendee

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



121,955 people visited [Student Space](#) and accessed resources covering commonly experienced challenges at university.

Articles related to money, loneliness, grief and studying with a mental health condition were the most viewed over the year.

'Student Space is amazing at having everything I need without it being too overwhelming. [...] It is reassuring to know that all of the tools are tailored to students [...] it makes us feel seen and heard and validated'

- Abbey Coleman, student at University of York

Advice and information
Expert information and advice to help you through the challenges of student life.

- Mental health and wellbeing →**
20 RESOURCES
Find out what you can do to look after your physical and mental health.
- Money →**
4 RESOURCES
Get advice and practical tips to help with money worries.
- Friendships and social life →**
10 RESOURCES
Get our tips for making friends and managing conflict during university.

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



61 universities signed up to our University Mental Health Charter Programme.

Members benefitted from regular events supporting them to create lasting cultural change. They heard from experts and shared insights and experiences with each other. Topics ranged from clinical governance to health inequalities to student leadership. They also had access to our full range of online support and guidance.

“Being part of the Charter programme has already resulted in a number of positive enhancements including developments to our support services, governance, policies, student voice, and our research, and we look forward to building on this.”

- Glasgow Caledonian University

In December, we announced the first five universities to receive the Charter Award - a recognition of the journey they have travelled in developing their approach to mental health and wellbeing.

Award recipients in 22/23:

University of Bristol

University of East London

Glasgow Caledonian University

Hartpury University

University College London



We trained **55** staff at five 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, so it's important that they know how to respond.

After the training, **97%** of attendees felt they have the necessary communication and listening skills to support and signpost students experiencing difficulties.

**"It was effective,
engaging and not
too heavy."**

- Accommodation Training attendee

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



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minds**

We conducted research to find out what students were experiencing and what could be done to support their wellbeing in July 2022 and February 2023.

Financial challenges particularly impacted student mental health this year, so we created a **Cost of Living Hub** collating key information.

We shared our knowledge with over **1,000** stakeholders across the higher education and health sectors at conferences and events. This includes events hosted by The Student Room, Nursing Times, British Universities and College Sport and the UK Healthy Universities Network.

100% of university representatives who attended The Student Room's webinar said they would change the support they offered to students post-application as a result of attending.

To increase public awareness of student mental health, we also shared our insights with national media organisations, including [BBC News](#), [The Guardian](#), [The Mirror](#) and [The i](#).

Working in partnership: We supported part-time, commuter and distance students to share their insights through the [Positive Digital Practices](#) project (led by the Open University) and help to create a number of resources.



Jennifer Smith, the policy manager at the charity Student Minds, said “the vast majority” of students had experienced “significant disruption in their lives”, missing out on key social, academic and personal milestones, which had left them feeling “grief, loss, uncertainty and a lack of confidence”.

Using our research and insights we influenced national policy change by:

- **Giving evidence** to Senedd Cymru, which was cited in their report on **Mental Health in Higher Education**.
- **Responding** to the All-Party Parliamentary Group for Students' consultation on the impact of the cost of living crisis on students, which was cited four times in the **official summary**.
- **Contributing to a Parliamentary evidence session exploring a statutory duty of care for students in higher education.**

Our research was also cited in a **House of Commons research briefing about student mental health**.

We supported universities to run **427** events nationwide on University Mental Health Day, providing opportunities for students to prioritise their wellbeing, share their experiences, and find out about support available locally.

We also held a webinar for higher education staff. The event featured a panel of students and sector experts covering issues students are facing. It has been watched by nearly **400** people.

We shared content across social media to emphasise the importance of student mental health health, with a total reach of **over 20 million**.

“It was truly a wonderful way to get students to talk to one another [and] professionals.”



In all our strategic decisions we were supported by our Student Advisory Committee. The group of 20 represents a range of ages, identities and modes of study, capturing a full picture of different student experiences.

In particular, they supported us in preparing a response to the Office for Students' consultation on misconduct and sexual harassment, and planning the topics covered in our University Mental Health Day webinar for higher education staff.

We work with an external Governance Group for Student Space. The group includes students and higher education, healthcare and charity professionals who ensure the platform is run with due diligence.

We are also supported by a Clinical Advisory Group, who ensured our work is safe and in line with the latest research.

Thank you!

We'd like to extend a special thank you to the organisations who have supported our work over the past year. To all of our community fundraisers and individual donors - sadly we cannot name every one of you here, but please know we are truly grateful for your support.



Partners

Equitix

Homes for Students

Enterprise

Tribal

LexAble (now part of the
texthelp group)

Kaplan International

John Smith's Group

Tallon International

ASK 4

Student Cribs

Accommodation for
Students

Target Jobs

CBRE

Techtimeout

Mansion Group

Study Inn

Arcola Ltd

StudentInfo

Nurtur

Stockton Students

Third Party Liability

Corporate Fundraisers

JLL

Savills UK

Grant Funders

Office for Students

Higher Education Funding

Council for Wales

The Prudence Trust

The Innox Foundation

Matthew Elvidge Trust

UPP Foundation

Charlie Watkins

Foundation

Donors

Sheffield Hallam

University

Lancaster University

Joan Ainslie Trust

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Together, we can put student mental health first.

Get in touch:

If you'd like to find out more, partner with us, volunteer or donate, you can get in touch at any time

Website: studentminds.org.uk

Email: info@studentminds.org.uk

Address: 17 Springfield Mount, Leeds, LS2 9NG



Keep up to date with what we're up to by signing up to [our newsletter.](#)

Student Minds is registered with Companies House (07493445).

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