

Youth Perspectives: mental health at university

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Student Minds

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

We empower students with the knowledge, confidence and skills to look after their own mental health and support others through our national network of university groups.

One conversation at a time, we will transform the state of student mental health.

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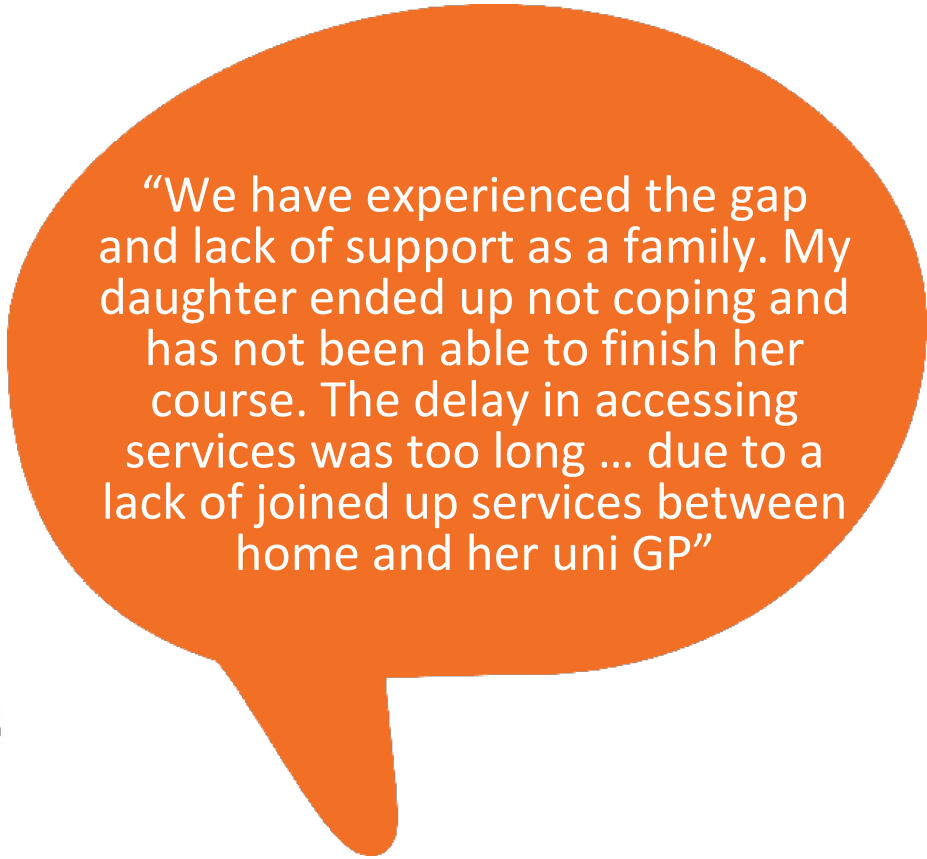
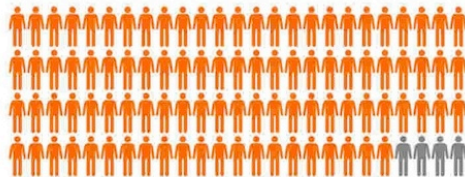


Challenge: Accessibility of Support

96% of

PROFESSIONALS

told us that students do not get specialist care as quickly as they would like



“We have experienced the gap and lack of support as a family. My daughter ended up not coping and has not been able to finish her course. The delay in accessing services was too long ... due to a lack of joined up services between home and her uni GP”

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Range of Interventions



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Challenge: Community understanding



“Getting university staff to understand the seriousness of mental health problems, and therefore to treat students with mental health problems in the same way as students with any other disabilities.”

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Whole Institution Approach

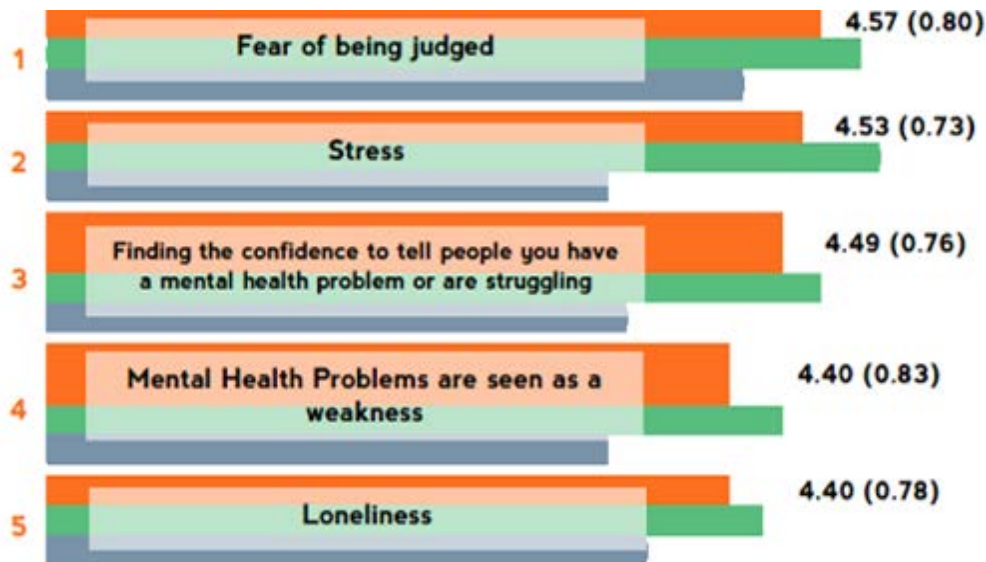


mhfa 
mental health first aid england

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Challenge: Stigma



"As a medical student I think the biggest challenge is breaking down the massive stigma there is within the medical profession about medical students and professionals having mental health problems. The impression is that we should just get on with it, and if we have problems then we're not good Doctor material."

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Peer Support & student – led activities



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Challenge: Supporting the supporters

44%

Of supporters felt that they were the primary source of social support for the supportee.

45%

Of supporters feel they most of the time they spend with the supportee is spent talking about mental health.

47%

Of supporters were experiencing mental health difficulties.

73%

Of supporters helped arrange formal treatment for the supportee.

Sometimes it is difficult for me to maintain good personal mental health when supporting her, as it can trigger anxieties in myself about whether I am supporting well."

"Because her mental health difficulties revolve around eating it has made me and the rest of my housemates very selfconscious about our own eating habits... Sometimes if I am feeling anxious about eating I will wait until I know she is not around."

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Education for peers & supporters



What does recovery from eating disorders look like? |...
191 views • 8 months ago

“The organisers were thoughtful, well-informed and encouraging”

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Further information...

Research Reports

studentminds.org.uk/research

Students Against Depression

www.studentsagainstdepression.org

website: www.studentminds.org.uk

email: info@studentminds.org.uk

facebook: [/studentminds.org.uk](https://www.facebook.com/studentminds.org.uk)

twitter: [@StudentMindsOrg](https://twitter.com/StudentMindsOrg)

[@rosietressler](https://twitter.com/rosietressler)

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