

# Student Minds & The University Mental Health Charter

@StudentMindsOrg  
#UniMentalHealthCharter

An initiative by  
**student  
minds**



University  
Mental Health  
Charter

## Speaking from Student Minds

**Chastyn Webster (She/Her),  
Programme Manager (UMHC Programme)**

**Sophie Cohen Jones (She/Her),  
Training Manager**

# Who are Student Minds?

# About Student Minds

The UK's student mental health charity

Training

Sector  
Improvement  
Programmes

Communication



Student Space

Policy,  
Research and  
Influencing

Fundraising

# What is the The University Mental Health Charter

# UMHC Key Elements

## Framework

An **evidence-informed framework** to provide a reference point for universities to adopt a **whole–university approach** to mental health

## Programme

A **voluntary programme** to support universities to **share practice & improve approach**

## Charter Award

A **voluntary accreditation** to encourage **ongoing improvement** by recognising & building an evidence base of **excellent practice**

For More Info, Visit: <https://hub.studentminds.org.uk/resources/charter-framework/>

## Framework: Domains



+ Enabling Themes

# UMHC & Residential Accommodation



## Theme 11: Residential Accommodation

11.1 Provides safe environments that are positive for mental health and wellbeing.

1.2. Supports every student to meet physical and psychological needs and manage their wellbeing.

11.3. Inclusive and supports all students to find their friendship group and build a sense of belonging.

11.4. Recognise poor mental health and to refer students to appropriate support.

11.5. Accommodation staff are trained and supported in responding to student mental illness.

11.6. Universities provide support for students living with a peer who is experiencing significant mental illness and staff in accommodation who may be responding to student mental illness.

# Residential Accommodation Event

## Insights & Learnings

## Event

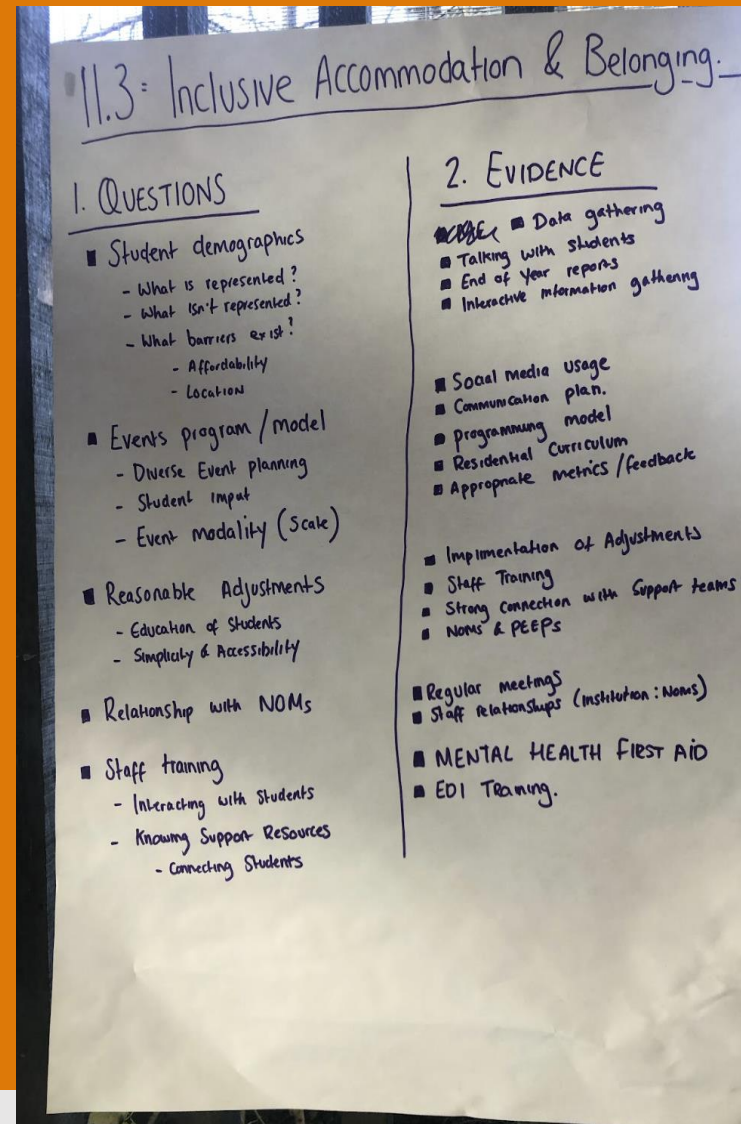
# The Role of Residential Accommodation in Student Mental Health

Joined by:

Prof. Rhiannon Corcoran; James  
Greenwood; Jenny Shaw; Izzy Watkins



## Event



## From the research

### Living environment and health outcomes

4.2 hours a day alone in their room (1)

Communal spaces & activities (2)

Accommodations' role on mental health during transitions (3)

1. Jopling & Valtorta (2019)
2. Worsley, Harrison & Corcoran (2023)
3. Worsley, Harrison & Corcoran (2021)

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## From discussions

**Flexible and adaptive spaces**

Accommodating diverse needs & cultural differences

Supporting staff

Partnerships, co-creation & data sharing

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# UMHC: How can you get involved?

## Get Involved

**View/use our framework**

**Build partnerships**

**Share practice**

**Get involved with wider Student Minds**

# Q&A Session



# Student Minds' Training



# Student Minds' Training



Look After Your  
Mate: Train the  
Trainer



Mental Health in  
Sport: Train the  
Trainer



Supporting Students'  
Mental Health in  
Accommodation  
Settings

# Student Minds' Training

## Train the Trainer:

Equips staff with the knowledge, confidence and skills to run our student workshops on campus

## Modules:

1. Introduction to mental health in higher education
2. Student workshop run through
3. Trainer practice (live workshop)



Look After Your  
Mate: Train the  
Trainer



Mental Health in  
Sport: Train the  
Trainer

# Student Minds' Training

- Our training course is **specific to higher education**
- Case studies and scenarios to empower staff to be able to **notice and recognise signs and symptoms** of mental health difficulties
- **Knowledge and confidence** to engage in a conversation about mental health difficulties, in order to **signpost students to further support**



Supporting Students'  
Mental Health in  
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Settings

# Student Minds' Training

After attending our training...

**96% of staff** felt they had the **skills to start conversations with residents** and **signpost them onto further support**

**97% of staff** felt they had a **good knowledge of practice in supporting student mental health** within student accommodation



"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." – PBSA staff member

## Next steps

- **Read the research** behind our accommodation training: [Student Living Report](#)
- **Sign up** to one of our training programmes or **contact us** to find out more
- Find out if there are **Look After Your Mate** or **Mental Health in Sport Trainers** at your university – encourage them to run a student workshop and start the conversation!



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org.uk

# Thank you

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