

# Mental Health & Wellbeing

What is Mental Health in the Curriculum?

Creating a positive environment and community of learning, enabling staff and students to learn and thrive

## Why is it important?

Mental wellbeing impacts:

- Motivation
- Engagement
- Productivity
- Experience
- Retention

**400%**

more students report a mental health condition when arriving at university, compared to ten years ago\*

Including Mental Health in the curriculum, means universities can **Protect** and **Improve** mental health and wellbeing in the UK

## Top tips for Mental Health in the classroom:

### Social connectivity



### Co-creation



### Environment



### Self care



For more information:

[www.studentminds.org.uk](http://www.studentminds.org.uk)

[www.mind.org.uk](http://www.mind.org.uk)

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

[www.savethestudent.org](http://www.savethestudent.org)