

Mental health and wellbeing: literature and resources – some suggestions

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- Student Minds Charter https://www.studentminds.org.uk/uploads/3/7/8/4/3784584/191208_umhc_artwork.pdf
- Mental Health conditions toolkit: <https://staffresources.uhi.ac.uk/mhc/>
- <https://library.tavistockandportman.ac.uk/wellbeing/>
- [Socially distanced campus: Behind the 'how do we?' questions. Why it is so important higher education mainstreams inclusivity on the socially distanced campus?](#)
- Higher Education Policy Institute (2020) What affects student wellbeing? <https://www.hepi.ac.uk/2020/02/13/what-affects-student-wellbeing/?/> Analysis of Higher Education Policy Institute (HEPI) Advance HE survey by Tim Blackman of UK Open University
- Developing Bespoke Mental Health Training relevant to staff roles <https://www.advance-he.ac.uk/knowledge-hub/developing-bespoke-mental-health-training-relevant-staff-roles>
- An exceptional transition to higher education: induction of new and returning students during the 'new normal' year <https://www.advance-he.ac.uk/knowledge-hub/exceptional-transition-higher-education-induction-new-and-returning-students-during>
- British Psychological Society CALL TO ACTION Mental health and wellbeing in higher and further education <https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Call%20to%20Action%20-%20Mental%20Health%20and%20Wellbeing%20in%20Higher%20and%20Further%20Education.pdf>
- [Mental health and wellbeing in higher and further education](#) Guide produced in 2019 by the British Psychological Society but relevant at a time of COVID.
- The charity, MIND, also have a project with universities <https://www.mind.org.uk/workplace/working-with-universities/>
- UK Department for Education Staff and student mental wellbeing guidance from <https://www.gov.uk/government/publications/higher-education-reopening-buildings-and-campuses/higher-education-reopening-buildings-and-campuses#staff-and-student-wellbeing>
- Reality Check: a report on university applicant's attitudes and perceptions, HEPI/Unite Students report, Chapter 2 Page 14 - Mental Health and Wellbeing, 2017

report <https://www.hepi.ac.uk/wp-content/uploads/2017/07/Reality-Check-Report-Online1.pdf>

- Five ways to wellbeing https://neweconomics.org/uploads/files/8984c5089d5c2285ee_t4m6bhqq5.pdf
A report presented to the Foresight Project on communicating the evidence base for improving people's well-being
- JISC Code of practice for wellbeing and mental health analytics <https://www.jisc.ac.uk/guides/code-of-practice-for-wellbeing-and-mental-health-analytics>
- Open Minds: Creating an Inclusive Culture for Students with Mental Health Difficulties <https://www.advance-he.ac.uk/knowledge-hub/open-minds-creating-inclusive-learning-culture-students-mental-health-difficulties>
- Student Minds (2018) Student Mental Health: The Role and Experiences of Academics https://www.studentminds.org.uk/uploads/3/7/8/4/3784584/180129_student_mental_health_the_role_and_experience_of_academics_student_minds_pdf.pdf
- Student Minds have been funded by UK Office for Students to develop a resource to support student wellbeing at this time of COVID19 <https://studentspace.org.uk/>
- Universities UK Student Mental Wellbeing in higher education: Good practice guide <https://www.universitiesuk.ac.uk/policy-and-analysis/reports/PublishingImages/student-mental-wellbeing-in-he.png?Width=200&Height=283> Written by The Mental Wellbeing in Higher Education Expert Group (MWBHE)
- Office for Students Student Panel – [Statement on support for students in self-isolation](#)
- [“This is the time to look out for each other” – averting a Covid retention crisis](#)
- [Bristol university students set up support group to help one another through coronavirus lockdown](#)
- [Allright, New Zealand Collaboration](#)
https://www.allright.org.nz/?utm_source=Ako+Aotearoa+Alert&utm_campaign=e7f0d13c72-EMAIL_CAMPAIGN_2019_04_01_10_51_COPY_01&utm_medium=email&utm_term=0_b3649090d8-e7f0d13c72-79399041&mc_cid=e7f0d13c72&mc_eid=4f1f2fe690 (a collaboration between Canterbury DHB and the Mental Health Foundation of New Zealand) some of the simple interventions
- Effect of achievement emotions on the teaching-learning process and university students' health <http://www.estres.investigacion-psicopedagogica.com/english/seccion.php?idseccion=1> Work undertaken by University of Navarra. For more information please contact: p.sander@tees.ac.uk or jdlfuente@unav.es
- Peer to peer conflict coaching https://www.universityaffairs.ca/career-advice/career-advice-article/peer-to-peer-conflict-coaching-helps-students-navigate-the-rocky-seas-of-grad-school/?fbclid=IwAR33JhX3HL2fCh9nQa4YT_UQpKHgZ47-szQpeByrWDg5wKWs-QtNprCsID4 Peer-to-peer conflict coaching from University of Toronto
- [Save students from Covid mental health crisis, sector told](#) UBC president reveals research findings showing huge impact of pandemic on students' mental health
- [Productivity Commission calls on unis to act on students mental health | Campus Morning Mail](#) Campus Morning Mail is an independent newsletter

Articles and opinion pieces

- Students with few or no helpful teachers are 146% more likely to report a high level of dissatisfaction with life <https://www.hepi.ac.uk/2020/02/13/students-with-few-or-no-helpful-teachers-are-146-more-likely-to-report-a-high-level-of-dissatisfaction-with-life/>
- What is it like as a fresher* when you tell your university that you have a mental illness? <https://www.vice.com/en/article/j5w8nx/record-numbers-of-students-are-disclosing-their-mental-health-status> (* A fresher is a new student just starting at university)
- Data and student mental health [https://wonkhe.com/blogs/what-has-data-got-to-do-with-student-mental-health/?utm_medium=email&utm_campaign=Wonkhe Mondays - 25 February&utm_content=Wonkhe Mondays - 25 February+CID_07770f2413596c7cf9364c96fbfa3914&utm_source=Email market](https://wonkhe.com/blogs/what-has-data-got-to-do-with-student-mental-health/?utm_medium=email&utm_campaign=Wonkhe%20Mondays%20February&utm_content=Wonkhe%20Mondays%20February+CID_07770f2413596c7cf9364c96fbfa3914&utm_source=Email%20market)
- Only the lonely – loneliness, student activities and mental wellbeing Summary of a report by Trendence UK for WonkHE (2019) https://wonkhe.com/blogs/only-the-lonely-loneliness-student-activities-and-mental-wellbeing/?utm_medium=email&utm_campaign=Wonkhe%20Mondays%20-%2025%20March&utm_content=Wonkhe%20Mondays%20-%2025%20March+CID_0901db8501554ff8cb633a01f7f4b541&utm_source=Email
- It's a crisis of culture <https://www.hepi.ac.uk/2019/05/23/the-university-has-become-an-anxiety-machine/>
- [Encountering Nature: Outdoor Walks to Reduce Stress and Increase Focus in Students](#)

Corona Virus Specific Resources

- Waiting for perfect data won't help the students thinking about leaving their course <https://wonkhe.com/blogs/waiting-for-perfect-data-wont-help-the-students-thinking-about-leaving-their-course/> Challenge of identifying students who are at risk during the pandemic
- Promoting belonging during challenging times: 'I felt heard' <https://www.hepi.ac.uk/2020/07/25/saturday-reading-promoting-belonging-during-challenging-times-i-felt-heard/> The importance of "belonging".
- A 'whole university approach' to wellbeing: meeting the challenges of Covid-19 <https://www.universitiesuk.ac.uk/blog/Pages/wellbeing-strategy-warwick-covid-19.aspx>
- Student Minds Planning for a Sustainable Future: the importance of university mental health in uncertain times https://www.studentminds.org.uk/charter_sustainablefuture.html
- Student Minds Student Space <https://www.studentminds.org.uk/coronavirus.html>
- [Student Minds: Resources to support students during the pandemic](#)
- UK [Office for Students](#) issued guidance on students returning home for Christmas.
- There is also concern about [students who are estranged or care leavers](#) over the Christmas period, as well as our international students who may not be able to return home.
- [Covid-19 has amplified student loneliness and distress](#)
- [Restore Your Sense of Control — Despite the Pandemic](#)

Specific Issues

Anti-bullying and harassment

- Harrison, E.D., Fox, C.L. and Hulme, J.A., ^[1](2020). Student anti-bullying and harassment policies at UK universities. *Journal of Higher Education Policy and Management*, pp.1-16.
- Alliance of Women in Academia - Tackling sexual harassment and bullying in higher education: towards a more comprehensive policy response <https://blogs.lse.ac.uk/gender/2018/05/30/tackling-sexual-harassment-and-bullying-in-higher-education-towards-a-more-comprehensive-policy-response/>

Perfectionism

- Perfectionism: The hidden epidemic? YouTube channel ([watch here](#)).
- 'Information sheets and workbook: <https://www.cci.health.wa.gov.au/Resources/For-Clinicians/Perfectionism>
- 'Top Tips' slides available [here](#) (PDF).

PhD Students

- Blog post from a recent PhD student [We need more than workshops to support the wellbeing of PhD researchers](#)
- [New report published on mental health support for postgraduate research students](#)

Racial discrimination

- The enduring effects of racial discrimination on mental health within the academy <https://www.hepi.ac.uk/2020/07/24/this-is-a-low-the-enduring-effects-of-racial-discrimination-on-mental-health-within-the-academy/>
- Racism in academia has major impact on BAME staff mental health <https://www.timeshighereducation.com/blog/racism-academia-has-major-impact-bame-staff-mental-health> (2019)

Suicide

- Charlie Waller Memorial Trust : Wide ranging resources to support students <https://charliewaller.org/information>

Academics

- [New book provides self-help for those struggling in academe](#) *Being Well in Academia* offers guidance on 'bullying, conflict, death, poverty, racism and violence' . Author, Petra Boynton.
- However, there is a small section in the [Government guidance](#) which raises an issue for student mental wellbeing [Staff and student wellbeing](#)

From Collaborative Partners

- UNSW Healthy Universities Initiative to promote and improve student and staff self-management, success and wellbeing at UNSW. <https://teaching.unsw.edu.au/HealthyUni>