

Mental wellbeing, Embedding for all

Zoë Allman PFHEA
Associate Dean (Academic)
De Montfort University
[@zoe_a](#)





Embedding for all

Image:
Jason Senior, DMU

Mental wellbeing, embedding for all
Zoë Allman PFHEA

@zoe_a



Passion & compassion

Image:
Jason Senior, DMU

Mental wellbeing, embedding for all
Zoë Allman PFHEA

@zoe_a



Learning in a new way

Image:
Jason Senior, DMU

Mental wellbeing, embedding for all
Zoë Allman PFHEA

@zoe_a



Adaptation & resilience

Image:
Jason Senior, DMU

Mental wellbeing, embedding for all
Zoë Allman PFHEA

@zoe_a



Creativity

Image:
Jason Senior, DMU

Mental wellbeing, embedding for all
Zoë Allman PFHEA

@zoe_a



Genuine & authentic

Image:
Jason Senior, DMU

Mental wellbeing, embedding for all
Zoë Allman PFHEA

@zoe_a



Image:
Jason Senior, DMU

Mental wellbeing, embedding for all
Zoë Allman PFHEA

@zoe_a



Image:
Jason Senior, DMU

Mental wellbeing, embedding for all
Zoë Allman PFHEA

@zoe_a

References

All-Party Parliamentary University Group (2021). *Student mental health: A letter to the Universities Minister, Children and Families Minister and Mental Health Minister*. London: All-Party Parliamentary University Group. Available at: <https://universityappg.co.uk/resources/correspondence/student-mental-health-letter-universities-minister-children-and-families>

Barden, N., & Caleb. R., eds. (2019) *Student Mental Health & Wellbeing in Higher Education: A Practical Guide*. London: SAGE

Gilbert, P. (Ed.). (2017). *Compassion: Concepts, Research and Applications (1 edition)*. London/New York: Routledge.

Hughes, G. & Spanner, L. (2019). *The University Mental Health Charter*. Leeds: Student Minds. Available at: <https://www.studentminds.org.uk/charter.html>

JSC & Emerge Education (2021). *Student and staff wellbeing*. London/Bristol: Emerge Education & JSC. Available at: <https://www.jisc.ac.uk/reports/student-and-staff-wellbeing-in-higher-education>

Student Minds (2020). *Planning For a Sustainable Future: the importance of university mental health in uncertain times*. Leeds: Student Minds. Available at: https://www.studentminds.org.uk/charter_sustainablefuture.html

Universities UK (2020). *Stepchange: Mentally Healthy Universities*. London: Universities UK. Available at: <https://www.universitiesuk.ac.uk/stepchange-mhu>

Vailes, F., and Moore, I. (2021) *A systemic approach: the key to embedding wellbeing*. York: Advance HE. Available at: <https://www.advance-he.ac.uk/news-and-views/systemic-approach-key-embedding-wellbeing>

Mental wellbeing, Embedding for all



Zoë Allman PFHEA

Email: zallman@dmu.ac.uk

Twitter: [@zoe_a](https://twitter.com/zoe_a)

LinkedIn: www.linkedin.com/in/zoë-allman-56b34398/

