



Universities UK

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Mental illness



- » In 2018/19 82,000 said they had a mental health condition; 4.3% of all home students.
- » This was two and a half times higher than 2014/15. Higher rates of mental health conditions are reported by women, undergraduates, full-time students, those in second or later years.
- » Some of the factors which affect students' wellbeing include academic pressures and perfectionism, being away from home, loneliness and financial worries.

[\(House of Commons Briefing paper, 2020\)](#)

COVID-19



- » 63% of higher education students in England are experiencing a decline in well-being and mental health since the start of the autumn 2020 term.
- » Average life satisfaction scores for students remain significantly lower for students (5.2) than the average ratings of the adult population in Great Britain (6.8).
- » 29% of students reported feeling lonely often or always which is far greater than the 7% of the adult population.

[\(ONS, 2021\)](#)

Step Change: mentally healthy universities



4 STEPCHANGE: MENTALLY HEALTHY UNIVERSITIES

**Stepchange:
mentally healthy
universities forms
part of a refreshed
call to action
for universities.**

It calls on universities to adopt mental health as a strategic priority, to see it as foundational to all aspects of university life, for all students and all staff.

This whole university framework, co-developed with Student Minds' University Mental Health Charter, provides a shared framework for change.



[Universities UK, Step Change: mentally healthy universities](#)

Health settings



A health setting is a place or social context in which people engage in daily activities where environmental, organisational, and personal factors interact to affect health and wellbeing (Health Promotion Glossary, 1998).

Learn, support, live & work

WHOLE UNIVERSITY APPROACH

The Stepchange: mentally healthy universities model is formed of four domains.



Cultural change

IMPLEMENTATION

Implementation of the whole university approach to mental health means significant cultural and structural change.

Universities are complex organisations, rarely susceptible to linear, top-down models of change.



Stepchange: mentally healthy universities pulls out two areas of focus where universities will need to develop and sustain strategic and operational partnerships:

TRANSITIONS:

working with parents, schools, colleges and employers to mitigate difficulties.

WORKING WITH THE NHS:

to improve access to and coordination of care.





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Thank you!

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