

Newsletter



A Strategic Approach to Addressing Student Mental Health in Universities



Universities are struggling with rising student mental health issues, including depression and anxiety. Many students feel unsupported, highlighting the need for better integration and support systems. Teaching staff, often the first point of contact, lack the skills and resources to identify and assist struggling students. Time constraints and limited training further limit their ability to provide meaningful help.

The shortage of mental health support, worsened by the pandemic, leaves students—especially those with severe mental illness—without adequate assistance. Overburdened and untrained staff also face stigma, limited resources, and their own mental health challenges. Universities rely on reactive, individual services rather than addressing systemic issues affecting student well-being.

Solutions

- Staff training to identify at-risk students, provide support, and make referrals.
- A holistic institutional strategy to create an inclusive learning environment.
- Expanded resources to better support students, especially marginalized groups.
- Combat stigma by fostering awareness and proactive mental health initiatives.

By prioritizing these steps, universities can improve student well-being, academic success, and overall campus life.



Impact

SUNMENTORS isn't just workshops and modules – it's a collaborative effort to build comprehensive, university-wide strategies for inclusive student mental health. Partner universities will develop their own strategies while sharing tools and resources across Europe. Freely accessible materials like a handbook, e-learning platform, and policy paper will raise public awareness and impact wider communities, including policymakers and non-profit organizations. Collaborations like the one with Student Minds in the UK demonstrate the project's potential for lasting change through training and research. In short, SUNMENTORS aims to go beyond individual efforts and foster systemic change, creating a future where all students have access to the mental health support they need to thrive in higher education.



Project Results

Work package n°1 – Project Management

Work package n°2 – Good Practice-Exchange and Demand Analysis

Work package n°3 – Development of the Curriculum

Work package n°4 – Development of the E-learning Platform

Work package n°5 – Student Mental Health: University Strategy-Development and Exploitation

Partners

