Enhancing the Wellbeing of University Students

Grand Challenges Mental Health - Group B
INTRODUCTION
Our Thought Process
Our Solution

- App
- Poster
- Lecture
APP
Wellbeing

Here to Listen

Nightline
- A confidential listening and information service run by students for students at the University of Exeter
- Available from 8pm-8am
- Phone: 01392724000
- Text: 07786209309
- Skype: exeterstudentnightline
- IM: https://im.exeter.nightline.ac.uk/webim

Residence Life Teams

Multi-Faith Chaplaincy
- A multifaith team that is available for students to talk to in a safe space about anything
- 24 Hour Phone: 075015128559
- Email: chaplaincy@exeter.ac.uk / anglicanchaplaincy@exeter.ac.uk
- Link: https://www.exeter.ac.uk/chaplaincy/about/

VP & Deputy VP of Welfare & Diversity
Research Findings

Out of 17 studies on the mental health of 13 to 24 yr olds…

- 6 reported significant impacts of mobile interventions

- 2 reported significant increases in emotional self-awareness and positive impacts on mild depressive symptoms using the MobileType app

- 4 reported a significant improvement in compliance with care and intervention
Research Findings cont.

The main benefits of using an app for mental health include...

- Anonymity
- Millennial mindset
- Budget friendly
Costings

- In-keeping with current software of iExeter app
- Opportunity for students to design and develop the app
It's more common than you think...
Over 1/4 of students report having a mental health problem, of which 77% are related to depression and 74% to anxiety. Over 1/4 of these students struggle with daily tasks. Young people have the lowest levels of happiness and confidence in their emotional health since reporting began in 2009. No problem is too small. Always remember that prevention is better than cure. Here's what's available...

Reed Mews Wellbeing Centre (located on campus at EX4 4QP):
- Talking Therapies
- Wellbeing Workshops
- Support Groups & Courses
- Self-Help Resources

Telephone: 01392 724381
Email: wellbeing@exeter.ac.uk
For a full list of services, please visit www.exeter.ac.uk/wellbeing/services/

Here to Listen:
- Nightline
- Residence Life Team
- Multi-Faith Chaplaincy
- Vice President & Deputy Vice President of Welfare & Diversity

Societies, Groups & AU Clubs:
- Mind Your Head Society
- Meditation Society
- Exeter Beats Eating Disorders
- Welfare Officers within all Student Guild Societies & Groups and AU clubs are able to offer support and advice

Academic Support:
- Personal Tutors are able to offer academic and pastoral support
- You will be allocated to a Peer Mentor Group within your academic department along with other freshers, supported by a 2nd or 3rd year student

External Support:
- SilverCloud
- Samaritans
- Depression & Anxiety Services

Click on the Wellbeing tab on the iExeter app
Research Findings

- 95% of patients in GP waiting rooms reported to both read and remember the information displayed on posters.

- However, one study confirmed that posters alone are NOT an effective way of transferring knowledge and raising awareness.

- Therefore, we propose using the posters in combination with the iExeter app and compulsory lectures.
Costings

- 6,144 undergraduate entrants in 2017/18

- 8000 posters = £1200 to print
LECTURE
Lecture

- At the start of the compulsory introductory lecture
- Students who fail to attend will be emailed by the Wellbeing Centre
- Presented by either Wellbeing Centre staff, university lecturers or student volunteers
An overview of the Lecture

- Spectrum
- Stigma
- Stats
- About the App
- What to do next...
- Observing Friends
Research Findings

- Bruce Charlton, who reads evolutionary psychiatry, claims lectures to be effective because...

- “they exploit the spontaneous human aptitude for spoken communications”...
  “because they are real-time, human presence social events”

- “the formal structure of a lecture focuses attention and generates authority for the lecturer to make their communications more memorable”
Costings

- Training of relevant Wellbeing Centre staff, university lecturers and student volunteers
CONCLUSION
Conclusion

- Multifaceted, university-wide approach
- Accessible, visible, and concise
- Reduces stigma
Thank You For Listening!

Any Questions?


Ilic, Dragan., Rowe, Nicholas. "What is the evidence that poster presentations are effective in promoting knowledge transfer? A state of the art review." *Health Information and Libraries Journal*, vol. 30, 2013, pp. 4-12.

