



INTRODUCTION TO MOOW CODE ON MENTAL HEALTH

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International

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YOUR GUIDE TO

www.moowcode.eu

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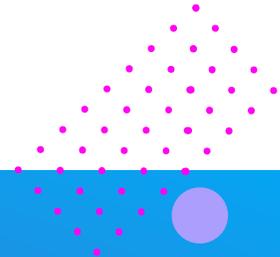
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Topics Covered

- 01** PILOT MOOW 1 Recap
- 02** Mental health on Campus - Research
- 03** Some Projects, Approaches & Resources
- 04** Workshop
- 05** Q & A

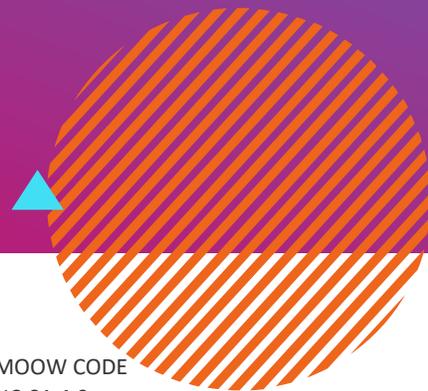


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01

PILOT MOOW 1 Recap



“Mental Health on University Campus”

This topic has been chosen in response to a growing demand among university students and staff to discuss and address mental well-being issues, especially in the aftermath of the pandemic.

(1) A fully digital MOOW Bootcamp will enable students, educators, developers, and entrepreneurs to work jointly on innovative solutions (idea concepts, prototypes or MVP – minimum viable products). These online collaborations will be moderated by the staff upskilled during the Workshop. We expect each MOOW to produce at least 4-6 ideas or products.

(2) MOOW Talks (general public events) will include free and open to all online lectures, panel discussions, workshops and similar events on the MOOW topic.

Expected to ...

Create ideas, prototypes or MVPs to be deployed on campus with the aim to reduce stress, combat anxiety and alleviate mental health issues. Example outputs: stress-reducing nudges, online self-reflection diary, “virtual drinks” between classes, a volunteer mental health hotline, etc. - Raise awareness of mental well-being in higher education

TARGET GROUPS General public events will be open for anyone interested in learning about mental well-being in universities and beyond. Bootcamps will focus on university students and educators, as well as practitioners and entrepreneurs interested in prototyping ideas. Bootcamp facilitators and general public event hosts will be drawn from among university staff who attended the upskilling Workshop



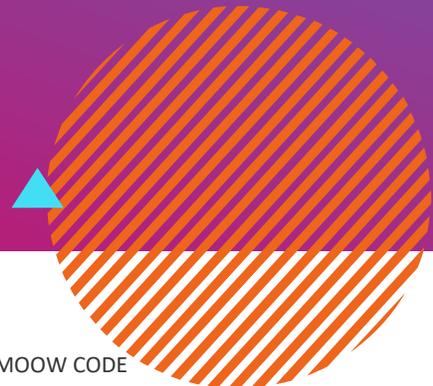
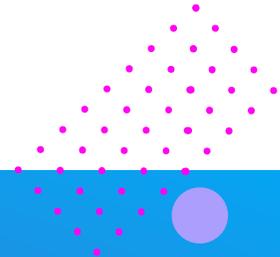
Quick Poll

www.menti.com

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02

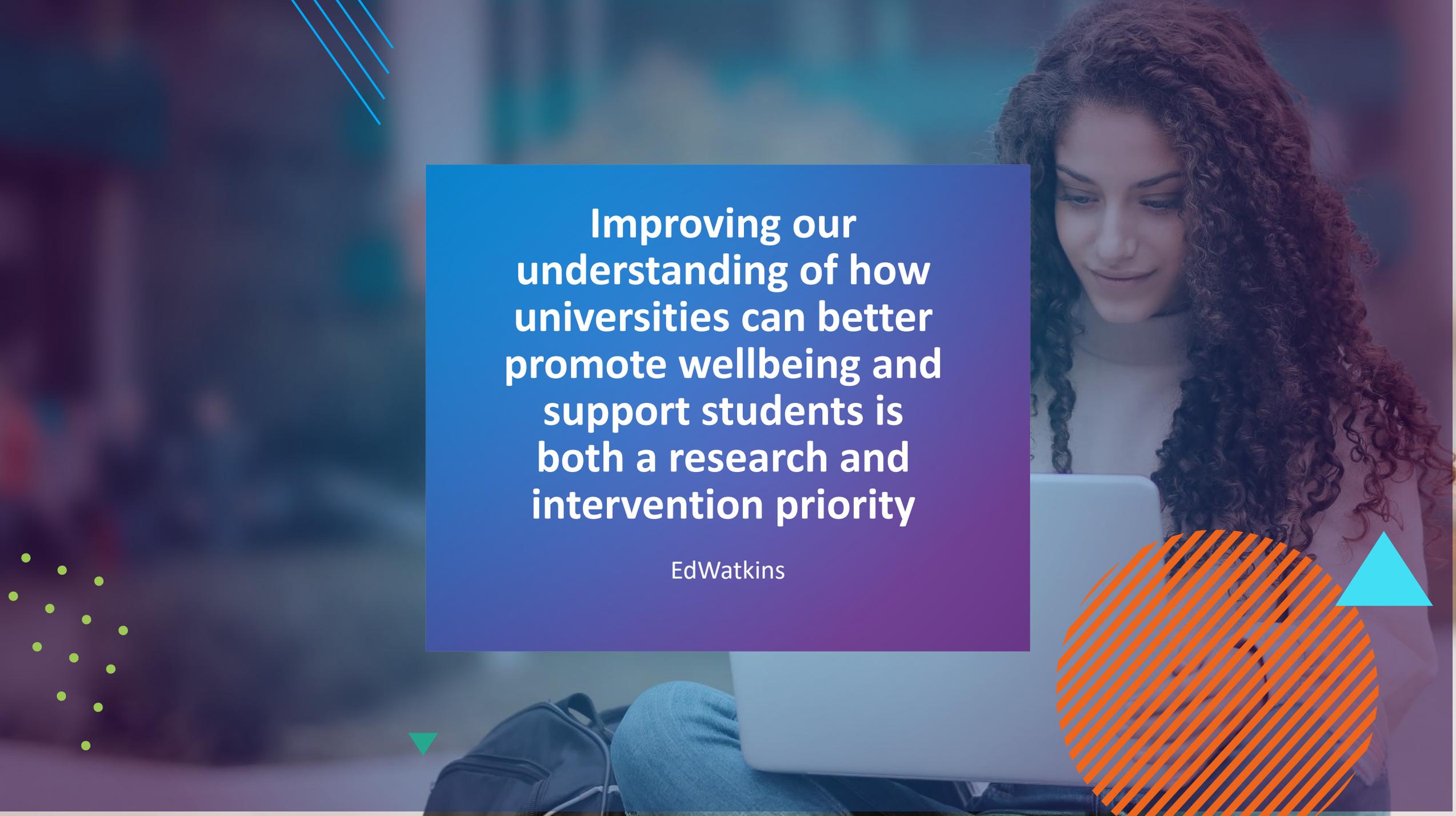
Let's look at Some Research



“In North America, UK and USA, the scientific literature appears to be more homogenous...*Detecting and Managing Mental Health Issues within Young Adults. A Systematic Review on College Counselling in Italy 2017*



Professor Ed Watkins, Director of the University of Exeter Sir Henry Wellcome Centre for Mood Disorders Research and Professor of Experimental and Applied Clinical Psychology.



**Improving our
understanding of how
universities can better
promote wellbeing and
support students is
both a research and
intervention priority**

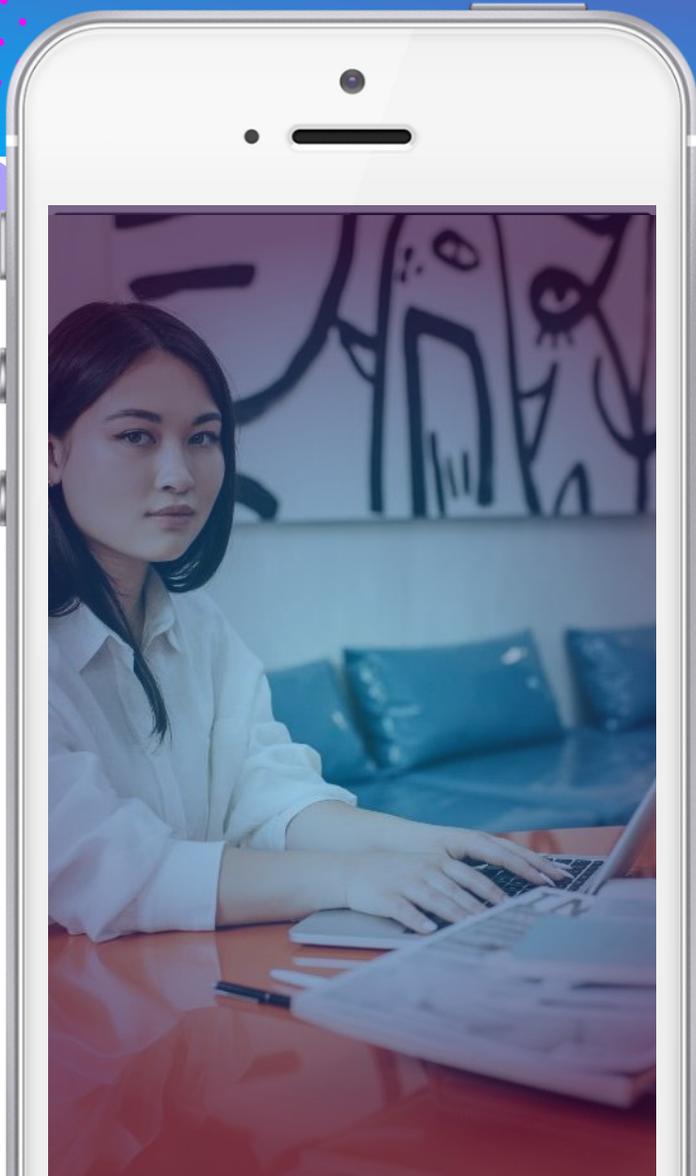
EdWatkins

Mental Health



- 75 % of mental health problems occur between age 15 to 24
- Causes young people distress, impaired functioning, and reduced productivity throughout their lives
- We need to prioritise early interventions to prevent and improve poor mental health

Mental Health



- Promoting mental health and wellbeing at university is key
- A high % of young people now go into higher education, so university-based interventions can reach many young people.
- However

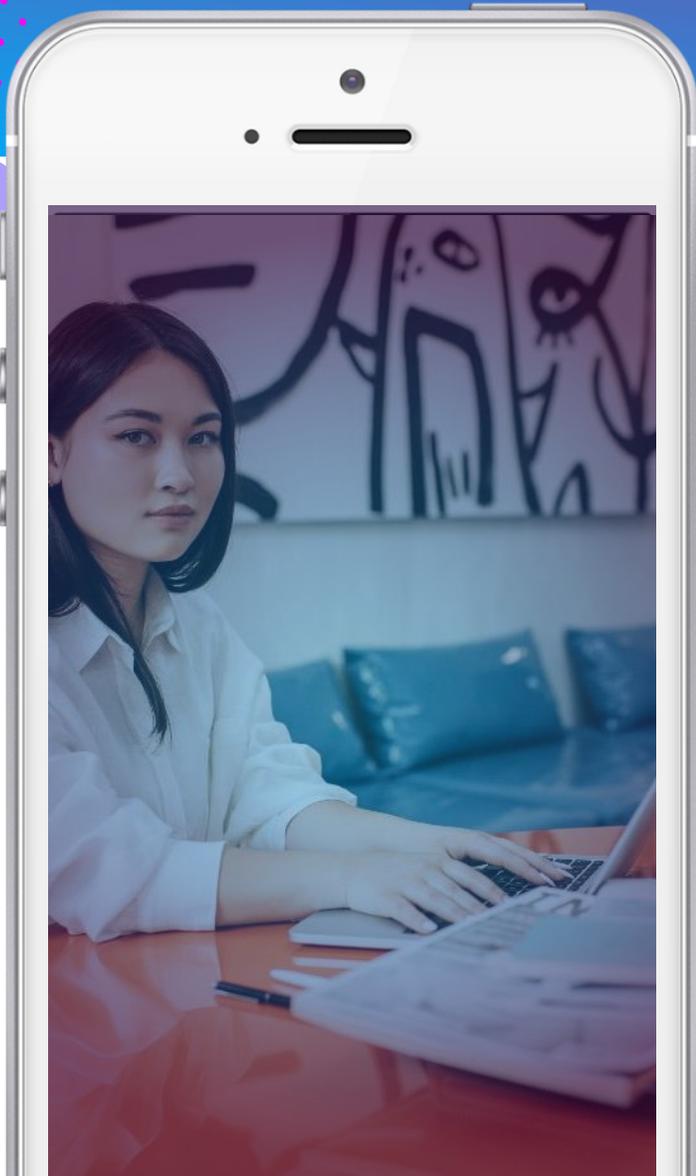
However ...

The move to university is a high-risk period for the onset of poor mental health, it coincides with a critical developmental period for the brain and also major exposure to stressors such as:

- leaving home,
- academic pressures,
- gaining independence,
- developing new friendships,
- and managing finances.

Good mental health is central to flourishing and making the most of university and its opportunities.

!!!!



Numerous surveys in the UK and internationally indicate that approximately a third of university students experience serious emotional and mental health difficulties, including anxiety and depression

But only 20-30% access treatment.

“Whole University Approach”

All aspects of the university including culture, curriculum, assessment, and formal services contribute to improved wellbeing, and where universities need to be responsible for promoting good mental health and flourishing in students.

The Challenge - how to make universities kinder, more supportive, and inclusive environments and see if this improves wellbeing for students.

area of infrastructure and information contribute not only to improving the traffic conditions for cyclists and pedestrians, but, more importantly, to increasing the quality of life in the city.

Psychological Assistance

At the University, two psychologists (including one English-speaking) are on duty and provide free assistance. The psychologist helps in solving life difficulties and achieving a better quality of life. The psychological assistance is offered to people:

- suffering from mental difficulties (anxiety, depression, intrusive thoughts, intrusive reactions to stress),
- whose body is ill due to specific mental issues (eating disorders, sleep disorders, psychosomatic diseases, sexual dysfunctions),
- manifesting difficulties in relationships with people (family and relationship problems, loneliness, life crisis situations),
- who want to get to know and understand each other better, to be more satisfied with their own life.

Free of charge therapy for students studying in Katowice

One-year free of charge therapy for students studying in Katowice and coming from families where there was no unconditional love and certain difficulties revealed. It is connected with the project www.rozwinacskrzydla.pl.

If you want to find out if this also applies to you, check the website. You may do a test there that will tell you if you need a therapy. It is also worth reading the book "Spread Your Wings", where students share their family situation and show how to overcome the burden of the past.

Equalizing Opportunities

UEKat makes every effort to ensure that everyone feels comfortable here and can develop in terms of learning and passion without restrictions.

The activities for social inclusion include:

- support for people with disabilities,

MENTAL HEALTH SUPPORT OPPORTUNITIES AT RIGA TECHNICAL UNIVERSITY



Pandemic restrictions have increased daily fatigue and increased psychological stress. Sometimes it seems impossible to deal with anxiety and stress on your own. In such moments it is necessary to talk to someone professionally, arrange thoughts and understand how to help yourself.

We have gathered information on where to get support in different situations.

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INITIAL MEETING AND PERSONAL
CONSULTATION FOR STUDENTS AT THE
UNIVERSITY OF MÜNSTER

TUTORIAL COACHING FOLLOWING A
PSYCHOLOGICAL ILLNESS

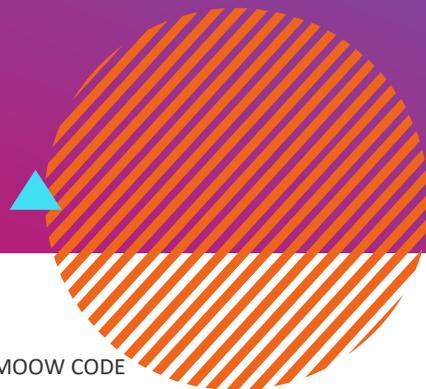
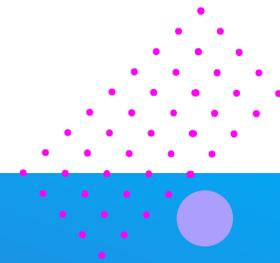
CONTACT



03

**Strategic
Approaches**

**Initiatives &
Projects**



Institute for Public Policy Research



NOT BY DEGREES

IMPROVING STUDENT MENTAL
HEALTH IN THE UK'S UNIVERSITIES

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The University Mental Health Charter

Authors: Gareth Hughes & Leigh Spanner

Please cite as: Hughes, G. & Spanner, L. (2019).
The University Mental Health Charter. Leeds: Student Minds

MOOW COVE

Domain 1 – Learn

Transition into university
Learning, teaching and assessment
Progression

Domain 2 – Support

Support services
Risk
External partnerships and pathways
Information sharing

Domain 3 – Work

Staff wellbeing
Staff development

Domain 4 – Live

Proactive interventions and a mentally healthy environment
Residential accommodation
Social integration and belonging
Physical environment



Universities UK

SELF ASSESSMENT TOOL

STEPCHANGE: MENTALLY
HEALTHY UNIVERSITIES

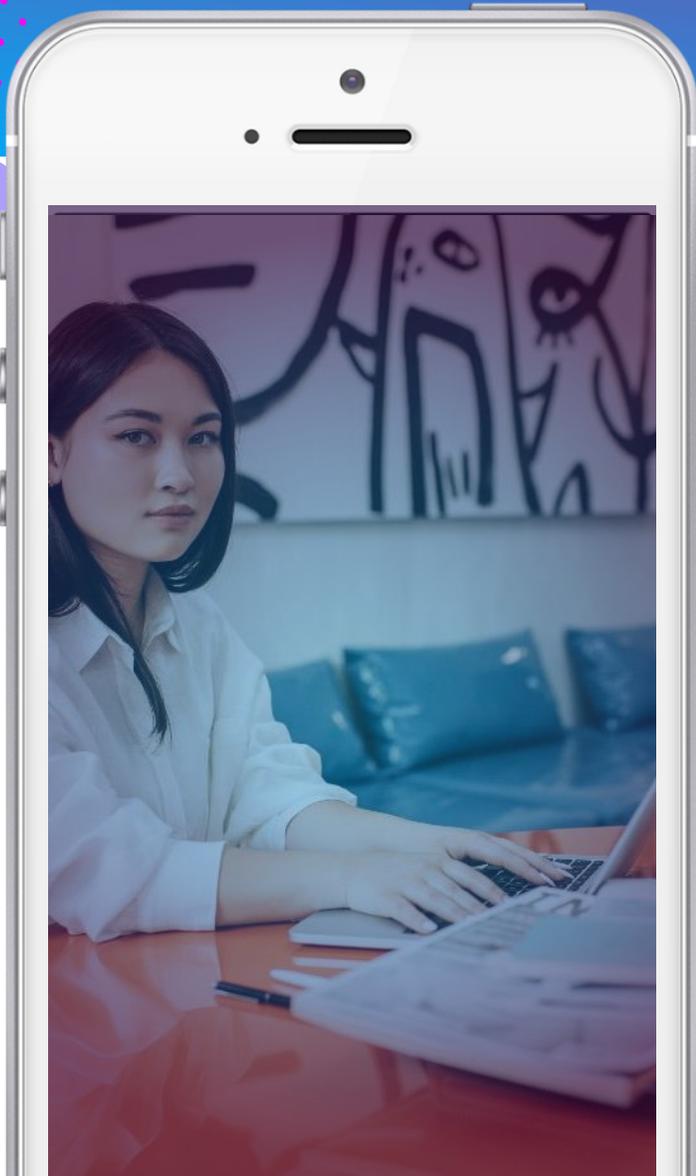


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EUEI Projects

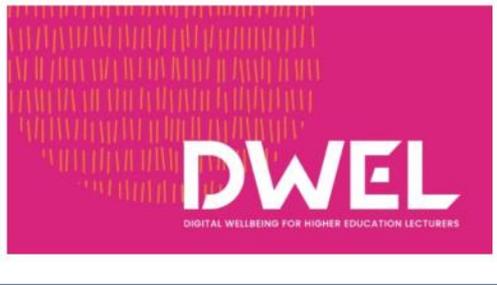


- Digital Wellbeing Educators
- Digital Balance
- Digital Crossroads
- Digital Wellbeing for Higher Education Lecturers
- Healthy Social Media

Digital Wellbeing

Promoting the Digital Wellbeing of Students





WELCOME TO

The DWEL Project!

<https://view.genial.ly/6386316d8e5b0d0019233088>

Long hours sitting in front of artificially lit screens, improvised home settings, the challenge of communicating effectively online and the constant flow of communications from bosses, colleagues and students present them with a radically new set of challenges!

The DWEL project aims to design, develop and implement a new approach to train HEI lecturers and managers in digital wellbeing!

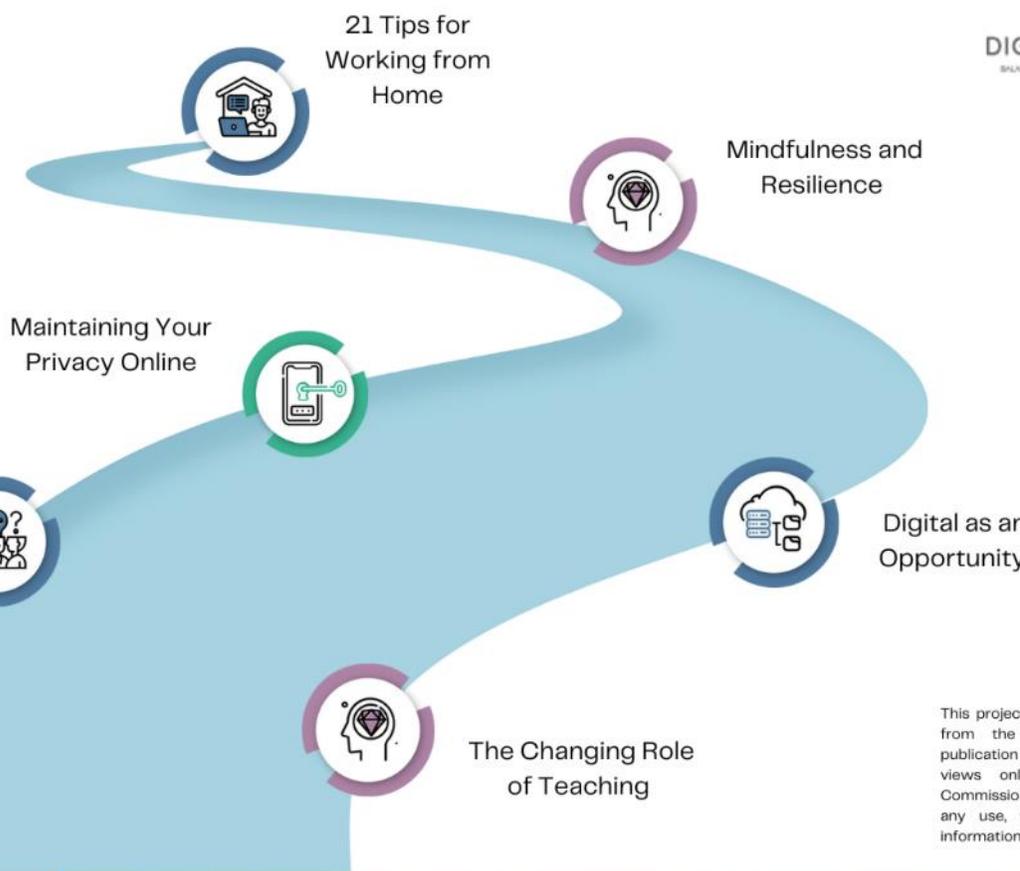


Welcome to the Digital Balance Empowerment Programme!



DIGITAL BALANCE
BALANCING DIGITAL COMPETENCES AND WELLBEING

IF YOU'RE HAVING TROUBLE BALANCING YOUR DIGITAL LIFE, THIS IS THE PROGRAMME FOR YOU. WHY NOT BEGIN YOUR JOURNEY TO DIGITAL WELLNESS.
CLICK ON THE ICONS TO BEGIN...



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Mental Health Cha...pdf

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www.healthysocialmedia.eu



11:59
07/12/2022

A young woman with curly hair is looking at a computer monitor. The monitor displays a video conference with three participants. The background is a blurred office or study area. There are decorative elements: blue diagonal lines in the top left, a green triangle at the bottom left, and a large orange and blue striped circle with a blue triangle on the right side.

**A MULTIFACETED,
SYNERGISTIC FORMAT OF
DIGITAL AND CO-CREATION
IN HIGHER EDUCATION**

Workshop

Develop an outline Programme of events for the MOOW

Consider your target audiences:

- Students
- Educators
- Administrators & University Management
- The Public

Broad (eg Mental Health on Campus) or Narrow (eg Promoting Wellbeing)

Activities & Events, how many? Format? Target numbers?

Impact measurement – indicators and tools

Promotion (maybe covered in impact day session)

WELCOME TO MOOW CODE

Click to type

