

A national mental health campaign for students

Mind Waves and NUS Scotland

Hello! Thanks for being here

Run by and for people with lived experience of mental ill health

We share our stories and experiences to change things

This whole project is informed by our lived experience (and sense of humour)



A bit about the project

We know that the stigma of mental health challenges is a problem for students in Scotland

Recommended in Think Positive student wellbeing research

Create a student-led, student-focused campaign that tackles one area of stigma

Co-produced with students

Group agreement

Anything else?

We'll take turns to talk

Nobody has to share anything if you don't want to.

You can turn your camera off if you like.

Be aware of the impact of what you share.

The plan for today

Have a look at some examples of previous anti-stigma campaigns

We'll talk about our understanding and experiences of stigma

Think about what topic our campaign should focus on

**How do groups tackle
stigma?**

Stigma of severe and enduring mental illness



Stigma of mental illness in Polish men

“

**TALKING
ABOUT
MENTAL
HEALTH IS
TOUGH.
BUT SO AM I.**

”




feniks.org.uk -0131 6291881


Young people address professionals



Students share challenges



 mindwaves_scot • Following ...

 mindwaves_scot New post on the blog! ☆
(written by yours truly!)


This post, Student mental health - Maddy's Story - is the first of a series of blog posts focusing on student mental health that will be shared over the next few weeks.

I felt nervous writing this post, but also quite pleased at how far I've come since starting my undergraduate degree back in 2017.

Have a read, and be nice to me! Im fragile! 😊


You can access the blog by clicking on the link in our bio 📖

19 w


 joannabrenton Beautifully written ❤️ ...

19 w 1 like Reply

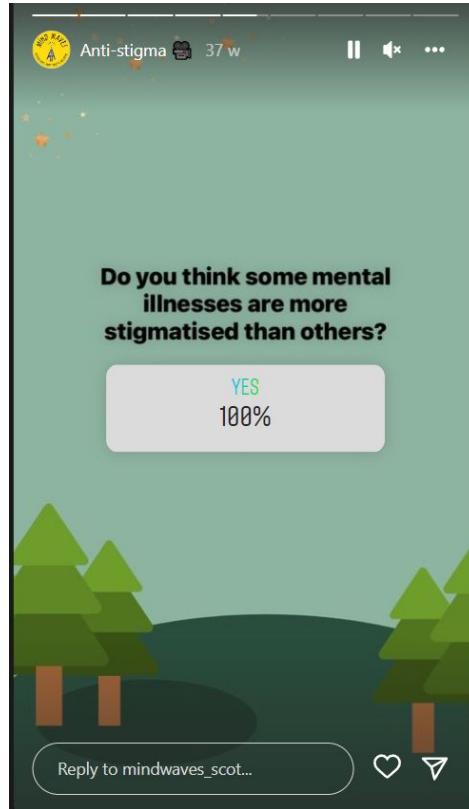
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 Liked by redandcaramel and 19 others

APRIL 8

 Add a comment... Post

Questions as part of a campaign



Let's talk about it

**Is there stigma
around mental
health for
students?**

Yes

No

Not sure

What sources of stigma are there?

In groups:

Why is there still stigma?

Who is particularly affected by stigma?

What **one thing** do you wish students understood about stigma and mental health?

not ill enough macho culture
can't cut it caring exams
responsibilities weakness
working while self stigma religion
studying
race neurodivergence
scars

Feedback from groups

Take a vote

Of the ideas suggested, which do you think we should focus on?

Get your students involved in making it

Students can:

Attend two zoom sessions:
Sept 28 and Oct 12, 3pm

Co-create the campaign

Thank you of £30

ThinkPositive@nus-scotland.org.uk



Have your say!

Help to shape our **Student
Mental Health Campaign**

think⁺
positive about
student mental health

nus scotland
national union of students

Learn more

www.mindwavesnews.com

Twitter: @mindwaves1

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