

Mental Health for students.

Mental Health is an important condition to enable students to manage their every day lives. Our goal is to outline CUSU's vision on the importance of Mental Health in higher education and its impact on student individual experience.

Best practices

- Mental Health services
- Mental Health week or month
- Student survey on Mental Health
- Peer help-line
- ...



Many universities in the Circle U. alliance have already implemented tools and services for students' mental health. Still there is room for improvement. We believe that all Circle U. students have the right to receive equal mental health support. Therefore, we hope that the different programs can serve as inspiration and universities will aim to implement new structures according to the model of the network.

Recommendations



Circle U. universities should actively **share good practices** and create a taskforce for that matter.



Mental Health services should be **placed more prominently**, both on campuses and on universities' websites.



Circle U. should actively promote a culture of **Mental Health awareness** and hold a **Circle U.-wide Mental Health Awareness Month**.



A collection of available **activities** and support **services about Mental Health** would be valuable to include within the **Open Campus**.