



## The Student Mental Health Charity

We believe that peer interventions can change the state of student mental health. We deliver research – driven training and support to equip students to bring about positive change on their campuses through campaigning and facilitating peer support programs.

Our vision is for students to be at the centre of all interventions to improve student mental health. We want students to take action to foster an environment where everyone has the confidence to talk and listen to each other, the skills to support one another and the knowledge to look after their own mental health.

The 2001 report from the Royal College of Psychiatrists has drawn attention to the fact that university students

are at particular risk of developing mental health problems and face specific challenges in accessing appropriate support. Research has estimated that around 25% of students experience mental distress, however there is considerable variable in prevalence statistics.

We are very aware that student mental health is a complex area, with many different challenges. This research project was designed as a first step to begin to understand where efforts to improve the state of student mental health might be directed.

93 challenges were identified and reviewed in this survey. The average priority ratings ranged from 4.57 to 2.93. The mean average priority rating was 3.72 (SEM: 0.37). This did not differ substantially between students and professionals.

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## The 10 Grand Challenges

1	Fear of being judged.
2	Stress.
3	Finding the confidence to tell people you have a mental health problem or are struggling.
4	Mental Health Problems are seen as a weakness.
5	Loneliness.
6	Finding the confidence to ask for help.
7	Slow and difficult process of referring students to specialist services.
8	Poor general understanding about mental health problems.
9	Mental health problems have a substantive negative impact on concentration.
10	There is a general reluctance to disclose mental health problems.

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[www.StudentMinds.org.uk/grand-challenges](http://www.StudentMinds.org.uk/grand-challenges)