"**Student Minds has shown me that change is possible and that I'm not alone**"

We are the UK's student mental health charity.

We are here to help you look after your own mental health, support others and create change.

student minds

www.studentminds.org.uk
@StudentMindsOrg

What we do:

We support students
Supporting students through their university journeys is at the heart of our charity. We empower students to run peer support groups, share students' experiences of mental health difficulties on our student-run blog and produce digital resources to help them navigate the ups and downs of university life.

We train the university community
University communities have the power to effect real, lasting change on their campuses. We provide training to all staff on developing skills and running workshops to improve student mental health and wellbeing.

We empower students to lead positive change
Students are powerful forces for good, as experts by experience. We work with students to build our student-led mental health movement. They campaign locally, regionally and nationally on issues that are meaningful to them.

We turn research into action
All our work is evidence-led. We collaborate to undertake research, create interventions and effective solutions. The University Mental Health Charter and Students' Union Support Programme enable institutions to put this into practice and deliver improved mental health and wellbeing outcomes for their university communities.

Join us and play a part in transforming the state of student mental health!