

# The Student Mental Health Manifesto

## Comms Pack

**For a future  
where every  
student can thrive.**



**student  
minds**

# The Student Mental Health Manifesto

The Student Mental Health Manifesto sets out Student Minds' ambitious, evidence-led vision for the next government to improve mental health in our university communities.

Our recommendations span five key themes:

- Healthcare
- Financial hardship
- Higher education
- Inclusive healthcare and education
- A mentally healthier nation.

We've provided a range of urgent and long-term recommendations with the aim of achieving lasting, meaningful change across every aspect of the student experience.







student  
minds

### **Healthcare**

All students should have access to quality and timely mental health support.

### **Financial hardship**

All students should have enough money to support them through their studies.

### **Higher education**

Our higher education institutions need improved support and investment.

### **Inclusive healthcare and education**

All students should have access to inclusive education and healthcare without facing barriers.

### **A mentally healthier nation**

We must move towards a holistic approach to the mental health and wellbeing of the nation, improving support, prevention, and equality.

# Student mental health is everyone's business.

We've worked with students, student leaders, higher education staff, and healthcare professionals to understand what the next government must do to support and improve student mental health.

We're calling for investment in our healthcare systems, greater financial support for all students, education and healthcare that is inclusive by design, and proactive steps to improve the mental health of the nation.

We're committed to holding up our end of the bargain, working with the higher education sector to advocate for students at every stage of their university journey.

**It's time for the government to uphold theirs.**

Your support can help us to make us to make our recommendations a reality.

**How can you support us?**

# How can you support us?

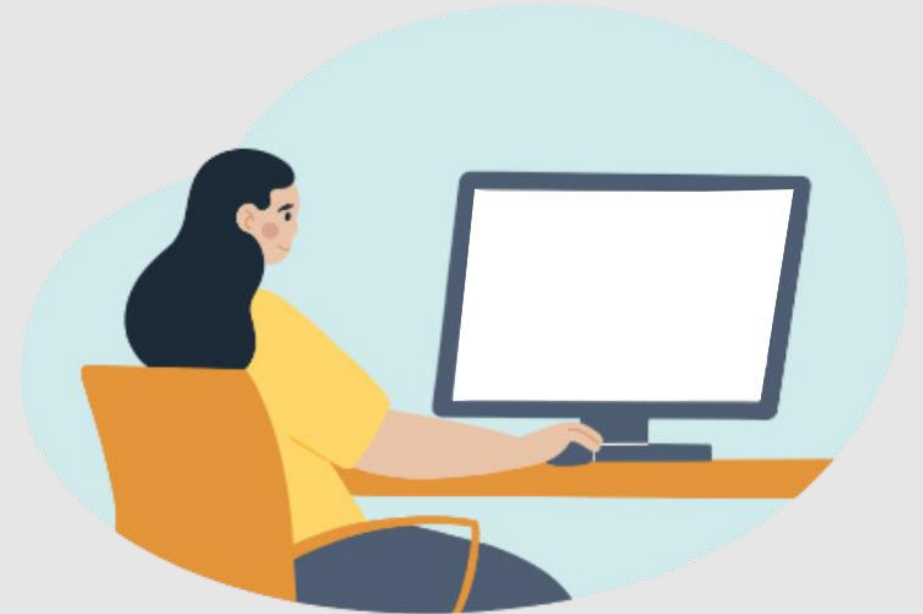
There are several ways you and your organisation can support our Manifesto.

These include:

- Formally adding yourself to our list of supporters
- Promoting the Manifesto on social media
- Sharing the Manifesto with political contacts
- Adopting the Manifesto recommendations within your own work.

Visit our webpage:

[www.studentminds.org.uk/student-mental-health-manifesto](http://www.studentminds.org.uk/student-mental-health-manifesto) to find out more.



# Social Media

Today, @StudentMindsOrg launch their Student Mental Health Manifesto, for a future where every student can thrive. We offer our support and call on policymakers to take action, so no student is held back by their mental health:

<https://tinyurl.com/ycyjewwr>

We're endorsing @StudentMindsOrg's Student Mental Health Manifesto. Enough is enough, it's time to build a future where every student can thrive. <https://tinyurl.com/ycyjewwr>

For too long, government policy has failed students. We're calling on the next government to support @StudentMindsOrg Student Mental Health Manifesto, for a future where every student can thrive. <https://tinyurl.com/ycyjewwr>

The Student Mental Health Manifesto is an ambitious vision for a future where every student can thrive. We're pleased to support @StudentMinds and look forward to the recommendations becoming reality.

<https://tinyurl.com/ycyjewwr>

# Student Minds' social media

Tag us in your social media posts



[Student Minds](#)



[@studentmindsorg](#)



[Student Minds](#)



[@studentmindsorg](#)



[@StudentMindsOrg](#)






# Digital Images

We'll be adding images for you to share on social media [to our shared folder](#) ahead of our launch.

We'll continue to update this folder over time, including after the launch of the Manifesto.



**Half of students** in higher education say they have experienced mental health difficulties

**2 in 5** say their mental health has declined during their studies

student  
minds



**The Student Mental Health Manifesto**

**For a future where every student can thrive.**

# Newsletter/Email copy

Our student populations are struggling and need more support. Student Minds have responded by releasing their [Student Mental Health Manifesto](#) - a vision for a future where every student can thrive.

Student Minds are calling on the next Government and all policymakers to support and invest in:

- The higher education sector
- Student finances
- Healthcare
- Inclusivity
- A mentally healthier nation

We support their recommendations which include urgent, targeted changes that can provide instant relief for students, and longer-term reforms that will tackle unsupportive systems and structures that make students unwell.

Visit Student Minds' website to read the Manifesto and find out how you can support their work. Join us in our mission to create a future where every student can thrive by sharing and advocating the manifesto.

Together, we can make a difference. Let's make a better future.

# Endorsing the Student Mental Health Manifesto



**"I hope that the future of student mental health also becomes **more intersectional and diverse**, so that students from underrepresented backgrounds stop having to explain themselves, feeling isolated and drained before they've even begun to ask for help."**

- Lauren Byrne, Steering Group member



# Endorsing the Manifesto

We know that the key to achieving change comes from collaboration and putting our voices together.

To that end, if you feel that your organisation shares our vision for a future where every student can thrive, please complete [this form](#).

We're hoping to show all the organisations that endorse this report on our website so that our asks cannot be ignored.



# Thank you

If you have any questions or want support  
please contact  
*[studentvoice@studentminds.org.uk](mailto:studentvoice@studentminds.org.uk)*.



student  
minds