

# Supporting student minds

How Mindapples helped Nottingham Trent University support the mental health of their student community



Nottingham Trent University

# Starting positive health conversations

Mindapples trained student champions and equipped Student Services to promote mental health and wellbeing in every aspect of student life, using a combination of printed materials and digital tools.

The COVID-19 pandemic created many new pressures for students across the UK, and prompted the Mindapples Charity to launch a new 'Mindapples for Students' programme to support student mental health. It also led Nottingham Trent University (NTU) to put a stronger focus than ever before on the mental health of its student population, and they became one of the first to pilot the programme.

## Physical and digital resources across every touchpoint

Understanding that students use a variety of sources and platforms to access information and support, Mindapples provided a range of printed resources and virtual services tailored to those access points, which were incorporated into NTU's Health Promotion Programme.

## NTU's 'Mindapples for Students' package included:



### Introductory wellbeing webinar for students

An interactive Zoom webinar gave students an introduction to taking care of their mental wellbeing; how our environment impacts our minds; and what we can each do to take better care of our minds every day.



### Champions Training for student mental health ambassadors

This foundation course taught student ambassadors how to deliver our core training materials on wellbeing and resilience to their peers, and gave them the confidence to get students talking positively about their mental health.



### Digital wellbeing promotion toolkit

This toolkit helped Student Services and student groups promote mental health and wellbeing through social media and internal communications.



### Free Mindapples app subscriptions for all

Full access to the Mindapples app for all the students who wanted it, giving them audio and video content and access to peer suggestions and wellbeing tips.

# Integrating with existing services

Mindapples has become fully integrated into Nottingham Trent's Health Promotion Programme, complementing their existing approaches and driving greater interest in their services, particularly among hard-to-reach groups.



**90%**

of attendees found the webinar useful or very useful for their wellbeing

"I really liked how simple but informative the session was. Very easy to understand but clearly evidence based."

"I appreciated the pace and simplification of the discussion of mental health and how engaging it was."

"I am enjoying the app and will continue to use it. Thank you for offering and developing such an insightful and much needed app for us to use."

"Keep at it! You guys are a tap away and I couldn't be more grateful!"

**86%**

of students who used the app would recommend it to others

**80%**

found the Champions Training useful for their own wellbeing and supporting others

"The training will help me to speak more passionately about the importance of mental health and wellbeing."

"The training session was very powerful! It felt like a safe space to be in, where likeminded people had gathered to help others, whether it's ourselves, friends, family or strangers."

# Establishing ongoing support

Mindapples has remained active in NTU's mental health promotion work ever since, including participating in their Time to Talk Day and joining a panel of external mental health organisations such as Nottinghamshire MIND, SHARP and The Tomorrow Project.



We've incorporated Mindapples into every aspect of the Health Promotion we do. From the Feed Your Mind workshops and utilising the fantastic tip sheets through to promoting everyday wellbeing tips with the 50 Ways campaign and promoting the app. Helping students find new ways to look after their wellbeing is a number one priority for us."

**Leah Wareham, Student Health and Wellbeing Project Officer, Student Support Services, Nottingham Trent University**



The partnership with Mindapples has been great. We have been promoting the Mindapples app to our students over the past year and have embedded the 50 Ways to Take Care of Your Mind Campaign into our student training. The Mindapples tree is always a lovely addition when we do events. I look forward to working more with Mindapples in the future. It's really made a difference to our health promotion offer."

**Paul Dodsley, Student Health Development Officer, Student Support Services Nottingham Trent University**

