

Mindapples for students

Support and training to help universities
and colleges promote student mental health
and wellbeing.



Developed with and for students

Mindapples has worked with student groups and Student Services teams since 2010, helping them promote mental health and wellbeing through events and digital campaigns.

In 2021, following the COVID-19 pandemic, the Mindapples Charity contacted a number of university partners about providing support services to help them protect and improve the mental health and wellbeing of their students. The result is the 'Mindapples for Students' programme, a new package of support for universities and colleges, developed with students based on our core services.

An educational approach

Rather than telling students what to do, we promote open conversations and encourage students to share what works for them. We equip student champions and Student Services teams to run their own events and campaigns targeted to the needs of the student community, meaning every institution can tailor their approach.

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

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

90%

of students found our webinars useful or very useful for their wellbeing



"The partnership with Mindapples has been great. We have been promoting the Mindapples app to our students over the past year... 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, Nottingham Trent University

Mindapples for Students

An integrated programme of support, training and resources to build capacity for wellbeing promotion and get students talking positively about the health of their minds.

We've listened to feedback from our partners and this year we've added even more support to the package. The 'Mindapples for Students' bundle now includes:



Wellbeing webinars through the year

All students get 3 wellbeing webinars from our experienced trainers, one per term, introducing key concepts about mental health and wellbeing:

- How to feed your mind
- How to handle pressure
- How to sleep well



Digital campaign pack and comms resources

Our campaign pack contains digital assets illustrating popular wellbeing activities, copy for campaign content, and educational materials on looking after your mind. They can be used in newsletters and social media posts, projected onto campus screens, and displayed in student unions and halls.



Champions Training for students and staff

10 student ambassadors and staff get our Mindapples Champions Training to help them promote mental health and wellbeing. This half-day virtual training helps students take ownership of wellbeing promotion and talk more confidently about mental health.



Free subscriptions to the Mindapples app

Up to 500 students can get a full free subscription to the Mindapples app, which helps people understand their minds, explore what affects them and take simple steps to take care of their wellbeing. Students can listen to audio clips about managing their minds, share their tips and get new suggestions.

Every institution is different, so if you'd like more webinars, additional app licences, extra Champions courses or an entire forest of Mindapples Trees, we're happy to create bespoke packages for you. [Contact us now to build a package that suits your needs.](#)