

mindápples

FOR UNIVERSITIES

Promoting mental health for students and staff

The Mindapples charity has worked with over 100 UK universities since 2011, and we've had a big impact on the culture of mental health and wellbeing in the UK.

In 2013, we were a founding partner in University Mental Health and Wellbeing Day with UMHAN, Time to Change, Student Minds, and the University of Warwick.

In 2014-15, we delivered our unique face-to-face training programme to London South Bank University students. In randomised trials, the University of York reported significant increases in the wellbeing and resilience of participants.

In September 2021, Mindapples launched a pilot with 7 UK universities and colleges to explore whether the Mindapples app and wellbeing support tools could help students care for their minds and improve their wellbeing and resilience.

In 2022, we launched *Mindapples for Universities*, a package of training and resources developed with and for university students and staff.

We're launching the **Mindapples Competency Framework** to demonstrate how our training and resources support whole-university communities.

Universities are, in effect, an ecosystem in which the wellbeing of one group can affect another. Any genuine whole-university approach should consider staff and student wellbeing as inextricably linked and supportive of the other.

By taking a positive and inclusive approach, Mindapples for universities can help everyone study and work better, protect their health and take care of each other.

Why we're different

Mindapples is a mental health charity that focusses on educating people about their minds and helping them to live healthier, happier lives.

Established in 2008

Mindapples has asked 10000s of people how they take care of their minds, and we've been sharing the best suggestions to inspire all of us to do the simple things that help us feel healthy and happy.

A positive approach

Our vision is of a world where taking care of our minds is natural and normal for everyone, and we do that by sharing knowledge and encouraging stigma-free, practical conversations about the positive side of mental health.

Rigorous research

Our seminars and materials share peer-reviewed insights from psychology about how our minds work and encourage people to discuss and apply them to their life, studies and work.

BRONZE

Introductory keynote

Feed your mind (webinar or on-site)

Promotional resources

Mindapples tree and appcards
Wellbeing event toolkit
Digital tipsheets and campaign tools

Student webinars

Handle pressure, Sleep well

Champions Training

Changing minds & Feed your mind
Champion's digital resources
Champions Wellbeing Toolkits

SILVER

Introductory keynote

Feed your mind (webinar or on-site)

Promotional resources

Mindapples tree and appcards
Wellbeing event toolkit
Digital tipsheets and campaign tools

Mindapples app

500 subscriptions

Student webinars

Handle pressure, Sleep well,
Be resilient, Get motivated

Champions Training

Changing minds & Feed your mind
Champions digital resources
Champions Wellbeing Toolkits

Additional Champions topics

Understand mental health,
Support people

GOLD

Introductory keynote

Feed your mind (webinar or on-site)

Promotional resources

Mindapples tree and appcards
Wellbeing event toolkit
Digital tipsheets and campaign tools

Mindapples app & elearning

1000 subscriptions

Student webinars

Handle pressure, Sleep well,
Be resilient, Get motivated,
Change your habits, Train your mind,
Work collaboratively

Champions Training

Changing minds & Feed your mind
Champions digital resources
Champions Wellbeing Toolkits

Additional Champions topics

Understand mental health,
Support people, Handle pressure,
Master your moods, Get motivated

Activities

What we will do

Pre-entry support

Mindapples e-learning
The Mindapples app
Pre-entry emails and campaigns
Induction support and guidance

Freshers Week events

Keynote talk on campus
Mindapples tree and pop-ups
Booklets and digital tip sheets
Wellbeing displays and posters

Mindapples masterclasses

throughout the student journey:

Feed your mind	Sleep well
Get motivated	Handle pressure
Master moods	Be resilient
Train your mind	Collaborate well

Mindapples Champions training

to equip people with knowledge, tools and confidence to promote mental health and wellbeing

Additional modules: Support people, Understand mental health

Outputs

What you will get

Consistent, accessible wellbeing resources and health information for all students and staff

A fresh cohort of students and staff trained to look after their minds every year

Wellbeing support provision and signposting for all students from the staff and their peers

Student and staff champions trained and equipped to deliver Mindapples modules and promote mental health and wellbeing

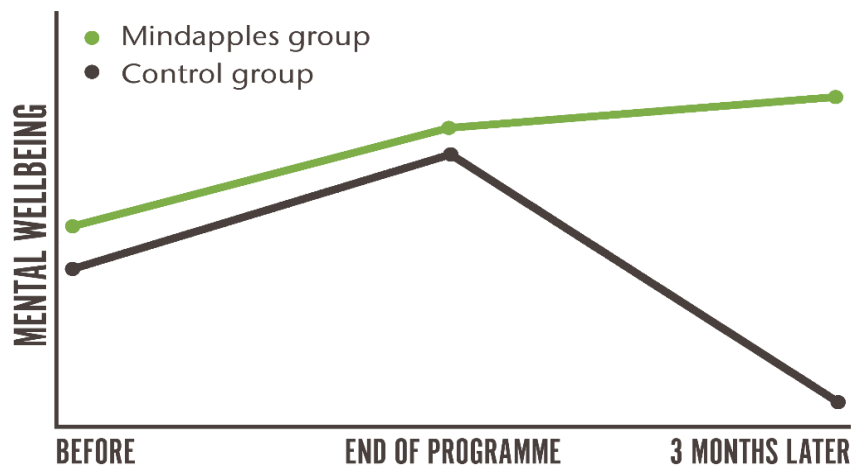
In September 2021, Mindapples launched a pilot programme with UK universities to determine if our digital wellbeing tools could enhance students' mental health and resilience at scale.

- 🍏 **90%** of students found our webinars useful or very useful for their own wellbeing.
- 🍏 **86%** of students would recommend the Mindapples app to others.
- 🍏 **80%** of student attendees found our Champions Training useful for supporting others, and for managing their own wellbeing.



Two studies conducted by the **University of York** have showed that Mindapples training programmes increase participants' wellbeing, knowledge of the mind and ability to cope with stress, including showing positive effects three months after the programme has finished.

The two controlled trials, with student groups and users of adult mental health services, showed **statistically significant increases** in participants' understanding of their minds and ability to cope with stress, particularly during high pressure periods such as exams, as well as **sustained increases in subjective wellbeing** and overwhelmingly positive feedback from the participants.



Outcomes What will change

Students and staff feel the university cares about them and their mental health and wellbeing

Students have a greater awareness and improved understanding of mental health and wellbeing

Students and staff have practical, proactive strategies for managing wellbeing and building good habits

Students have increased ability to cope with academic challenges and work effectively and collaboratively

Reduced stigma and more positive and proactive conversations about mental health and wellbeing

Students are more likely to disclose health issues and seek help early

Students and staff know where to seek help and support

Staff and student champions can take ownership of mental health and wellbeing and drive it forward.

Impact How it will help

Supportive and inclusive learning environment

Improved student and staff engagement and satisfaction

Improved recruitment and retention of students, particularly from high-risk groups

Improved student and staff mental health and subjective wellbeing

Improved academic success for students, particularly those at risk of mental health issues

Improved graduate success and enhanced reputation

Additional knowledge, professional skills and confidence for volunteer student champions

Expanded university capacity to provide valuable support services and manage wellbeing proactively

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“Here at NTU, we’ve incorporated Mindapples into every aspect of the Health Promotion we do. From the Feed Your Mind workshops and utilising the fantastic tipsheets to promoting every day wellbeing tips with the 50 Ways campaign and promoting the app.”

**Leah Wareham, Student Services
Nottingham Trent University**

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“The Mindapples Champions Training has been well received by student representatives and staff. It has boosted my skills in talking to people about their mental health and wellbeing.”

**Lara Munday, Projects Officer
Open University Students Association**

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“It was a great interactive session that provided us more insight into how mental health is perceived negatively, but changing our language can help us change the conversation. It provided clear insights through different images and stories and was overall really insightful training.”

**Student Mindapples Champion
Nottingham University**

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“The session was great - there was amazing interactivity and engagement throughout the whole session.”

**Student Mindapples Champion
The Open University**

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“I think the size of group was perfect and the person delivering the course did a great job of engaging us all and making us feel heard, involved and respected.”

**Student Participant
The Open University**

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“The presenter was full of useful information and created a perfect balance of anecdotal conversation alongside expert information. Honestly, the best webinar I have attended.”

**Student Participant
The Open University**

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Would you like Mindapples in your university?

Email us now at universities@mindapples.org
or give us a call on 020 3774 3279.

Read more about our student and staff support programmes at
www.mindapples.org/universities.

Learn more about Mindapples and share your 5-a-day at
www.mindapples.org/charity.

