

MINDAPPLES FOR UNIVERSITIES

We help university communities **understand how their minds work**, so they can build the **practical skills** to look after themselves and the **campus environments** they share.



Who we are

Mindapples helps people understand how their minds work and build the practical skills and knowledge to look after them. Our approach is built on **peer-reviewed research** in psychology and neuroscience. We don't prescribe **one-size-fits-all solutions**, we give people what they need to make informed decisions about their own wellbeing. In a university, that means looking at the whole community, not just the individual. A university works as one ecosystem in which staff and student wellbeing are inextricably linked⁷. Our programmes reach every part of it, students, staff, and the campus environments they share.

How we help

Our training is timed to match real pressure points across the academic year. These include the transition into university life³, exam-period stress and sleep disruption for students⁴, and marking-period pressure for staff⁷, the common dip in motivation many students experience in their second year⁵, and the transition out of university into work⁶. This means support lands when it's needed, not just as a single session at the start of the year.

A typical programme includes wellbeing webinars covering topics like **Feed Your Mind**, on how daily habits shape wellbeing; **Handle Pressure**, building the resources to cope when pressure turns into stress; and **Sleep Well**, understanding sleep's role in mental health and how to improve it. Alongside this sits Champions Training, a digital campaign pack, and physical resources like the **Mindapples Tree** and **applecards** for events such as Freshers' Fairs and University Mental Health Day.

Champions Training equips people at every level of the university, students, staff, and senior leaders and executive teams, to deliver Mindapples sessions, support their peers directly, and signpost confidently to formal support when it's needed. Training includes ongoing support from Mindapples, so the role stays safe and sustainable for the people delivering it, not just those receiving support.

Our programmes are delivered through the Mindapples Wellbeing Competency Framework, developed with university partners. It has two strands, personal competencies, the self-management and resilience skills everyone needs, and interpersonal competencies, for those with a role in supporting others' wellbeing. Each competency has two levels, giving the university a shared language for wellbeing and a way to track how confidence and skill build over time, helping you deliver on the wellbeing and resilience elements of the University Mental Health Charter.

The need

A whole-university approach to mental health builds staff and students' capability to manage their own wellbeing¹. That capability is directly linked to **stronger resilience** and coping under pressure², which we build through training and resources that reach people at the moments when they need them, across the academic year.

Students experiencing mental illness are more likely to leave before finishing their course, to underperform academically and are less likely to secure higher-level employment or go on to postgraduate study⁷. And most students and staff who experience poor mental health never access formal support at all⁷, which is exactly why proactive, universal approaches matter.

University staff report higher levels of stress and burnout and lower wellbeing than in most other sectors⁷, and the Charter is clear that they should have access to the same proactive support as students. Yet universities are far more likely to have this in place for students (87%) than for staff (63%)⁸. That's where Mindapples works, **proactive, practical training** that reaches people early, alongside the formal support already in place, for staff as well as students.

Track record

We've worked with over **100 UK universities** since 2011, and deliver the same trusted content to major employers including **Goldman Sachs, Tesco, Royal London and HS2**, so students preparing to enter the workplace are learning skills that carry directly into it. Independent evaluations by the University of York found statistically significant improvements in students' wellbeing and ability to manage stress, sustained for up to six months⁹. In our own evaluation with seven UK universities and colleges, 90% of students found our sessions useful or very useful for their wellbeing¹⁰.

What partners say

On Champions Training, delivered to student and staff Champions, *"It equips them to look after themselves before, during and after conversations about mental health."*

Nicola Powell, Training and Wellbeing Officer, Open SU (Open University)

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

Diana, Student, Nottingham Trent University

Get in touch

Get in touch to arrange a short call or ask us to send our full Wellbeing Competency Framework.

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References

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