DE MONTFORT UNIVERSITY LEICESTER

Supporting Student Mental Health
Improving Outcomes and Achievements

Embedding Mental Wellbeing A Collaborative Approach

10 October 2023

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2022

Focus on mental wellbeing

Image:
Jason Senior, DMU

Healthy DMU Philosophy

Image:
Jason Senior, DMU

Five ways to wellbeing

Aked. J., Marks, N., Cordon, C., & Thompson, S. (2008). *Five ways to wellbeing*. https://neweconomics.org/uploads/files/five-ways-to-wellbeing-1.pdf

Image:
Jason Senior, DMU

Establishing collaboration

Image:
Jason Senior, DMU

Five core strands of activity

1. Expand existing student-facing online wellbeing support
2. Develop new tutor resources for use in blended-learning
3. Enhance staff training
4. Expand academic training
5. Share best practice

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Project activity

1. Expand existing student-facing online wellbeing support

HealthyDMU

- Raise awareness and engagement with HealthyDMU (students) and HealthyDMU Toolkit (staff)
- Introduce HealthyDMU e-induction (students)
- Launch five online masterclasses (students)

2. Develop new tutor resources for use in blended-learning

Course Specific Initiatives

- Develop six (non-course specific) downloadable tutor packs for use in taught settings
- Create a Menu of options

Project activity

3. Enhance staff training

Welfare Training

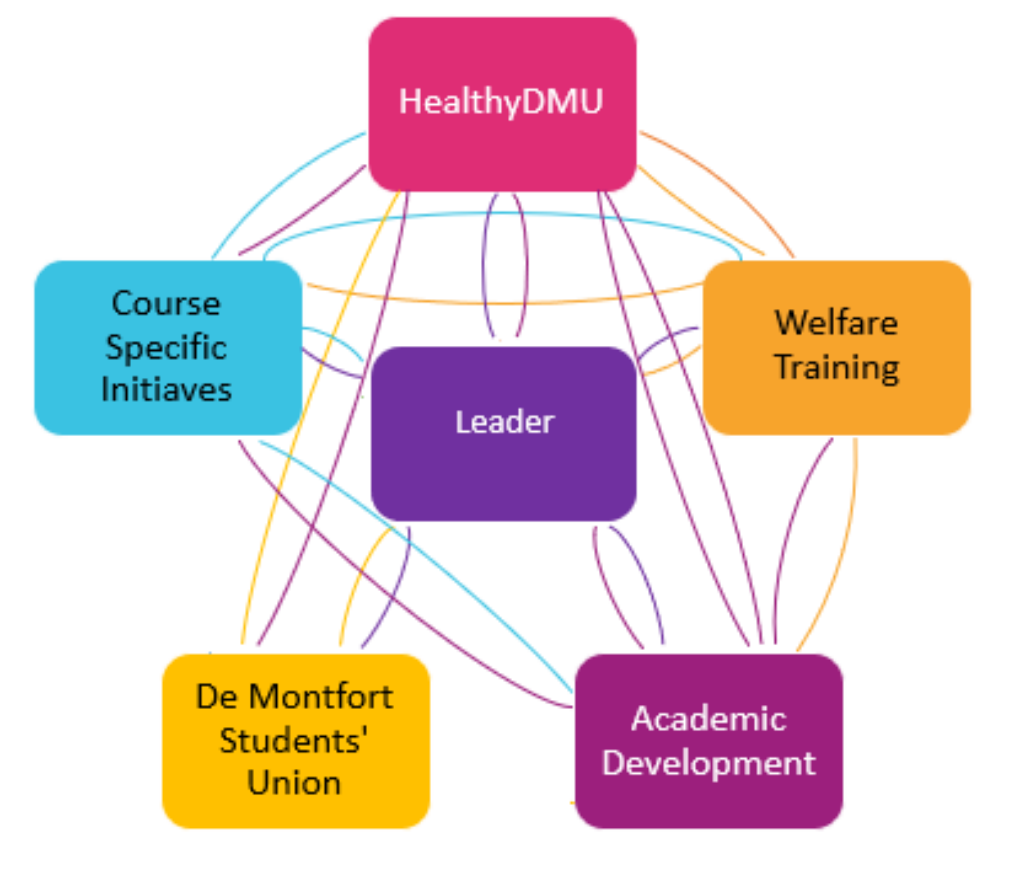
- Create two welfare training sessions:
  1. Supporting students with mental health
  2. Professional boundaries
- Embed EMW in Safe and Supported sessions

4. Expand academic training

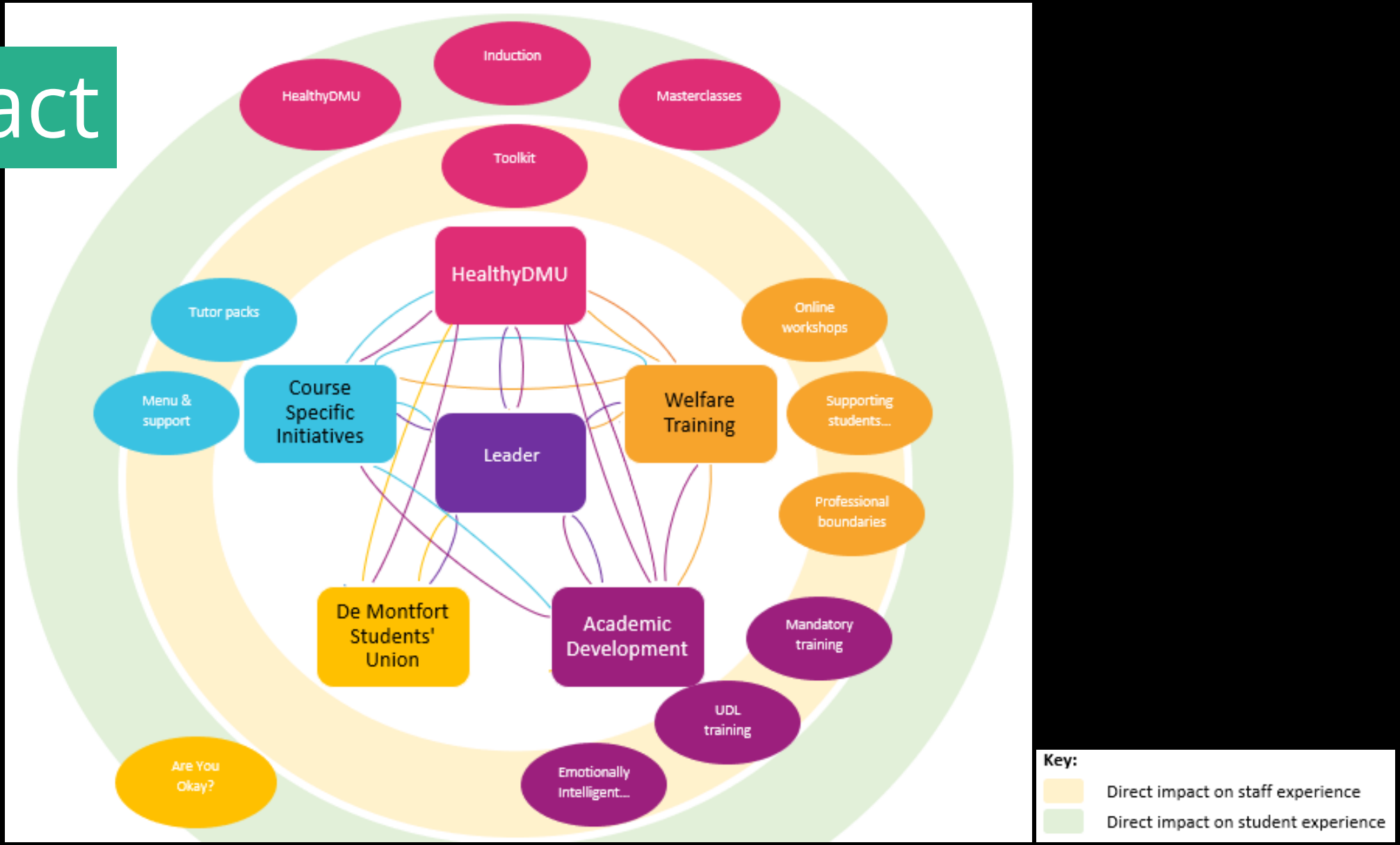
Academic Development

- Embed EMW in mandatory development for new academics
- Extend Universal Design for Learning (UDL) to EMW
- Introduce Emotionally Intelligent Teaching resources

Collaboration



Impact


Induction
HealthyDMU
Masterclasses
Toolkit
HealthyDMU
Tutor packs
Online workshops
Menu & support
Course Specific Initiatives
Welfare Training
Supporting students...
Leader
Professional boundaries
De Montfort Students' Union
Academic Development
Mandatory training
UDL training
Are You Okay?
Emotionally Intelligent...
Key:
Direct impact on staff experience
Direct impact on student experience

Impact

1. Expand existing student-facing online wellbeing support
2. Develop new tutor resources for use in blended-learning
3. Enhance staff training
4. Expand academic training
5. Share best practice

Adaptation & resilience

Image:
Jason Senior, DMU

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Mental wellbeing for all

Image:
Jason Senior, DMU

Embedding Mental Wellbeing – A Collaborative Approach

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Whole university approach

Image:
Jason Senior, DMU

References

Aked. J., Marks, N., Cordon, C., & Thompson, S. (2008). *Five ways to wellbeing*. Available at: https://neweconomics.org/uploads/files/five-ways-to-wellbeing-1.pdf

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