m-LAH Student Led Mental Health

1. What is m-LAH ?

2. How do we run an m-LAH project ?

3. What do people talk about in m-LAH meetings ?

mail: services@m-lah.org visit: https://m-lah.org/

Student Led Mental Health

Evidence based results, 9% improvement in scores

WEMWBS	before	after	% change
I've been feeling optimistic about the future	3.5	3.9	+ 11%
I've been feeling useful	3.5	3.6	+ 3%
I've been feeling relaxed	2.8	3.3	+ 18%
I've been dealing with problems well	3.4	3.8	+ 12%
I've been thinking clearly	3.5	4	+ 14%
I've been feeling close to other people	3.5	3.9	+ 11%
I've able to make up my own mind about things	4.2	4.1	– 2%

Student Led Mental Health

Supported by the work of Robert Cialdini

- Reciprocity
- Commitment and Consistency
- Social Proof
- Authority
- Liking
- Scarcity