

# National Summit on the Mental Health of Tertiary Students

4 – 5 August 2011, Melbourne

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# Review of Day 1

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# Bright Ideas

What clearly emerges...

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# Enablers:

You need an institutional policy/strategy.

You need senior support and advocacy.

You need to recognize and address the distributed responsibilities involved (this is not something to be assigned to one unit/service/area).

You need to appreciate and learn from the good practice and innovation that has been occurring in pockets of education systems and broader community.

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# Some Recurrent Themes and Topics:

Expand, tailor, refine and research online delivery of information and interventions, making it available for the sector with economies of scale.

Include mental health awareness training for students in curricula, and dramatically expand delivery and reach of this training to staff.

“Personal and professional development”/ Resilience Training embedded in course design, as part of building mental health capacity in a proactive way.

Question the norms around extrinsic motivations and academic workforce behaviors that contribute to the stresses experienced by students.

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Cross cultural awareness training and culturally sensitive support spaces.

Comprehensive case management over the student life cycle.

Peer mentoring.

More sensitive, targeted and effective processes for early identification of, and interventions with, students at academic and psychosocial risk.

Much closer operating relationships with area mental health services.

University based Headspace.

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