








# STUDENT WELLBEING MATTERS

## Enhancing student wellbeing: University Framework and resources for academic educators

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## A Framework for Promoting Student Mental Wellbeing in Universities

There is a strong and expanding evidence base indicating that University students are a 'very high risk population' for psychological distress and mental disorders, and that the prevalence and severity of mental health difficulties is growing across student populations<sup>1</sup>. The research raises a pressing question for administrators and educators: Given that a substantial proportion of students will experience mental health difficulties during their time at university, how can universities ensure they provide supportive and 'health-promoting' environments?

This *Framework for Promoting Student Mental Health and Wellbeing* aims to assist institutions to develop a 'whole-of-university' approach. It identifies key **action areas** for promoting student mental health and wellbeing as well as institutional **enablers** for achieving those actions. For each action, the framework identifies priority activities and possible measures of progress that can be adapted for different university environments, acknowledging that individual institutional approaches will vary according to local contexts and priorities.

**Health promoting actions**

- 1 Foster engaging curricula and learning experiences
- 2 Cultivate supportive social, physical and digital environments
- 3 Strengthen community awareness and actions
- 4 Develop students' mental health knowledge and self-regulatory skills
- 5 Ensure access to effective services

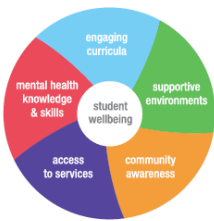
The five actions individually and together are important in developing a whole-of-institution approach to promoting student mental health and wellbeing. These actions will need to be supported by institutional arrangements that enable:

- 1 Policy development and review processes
- 2 Participation and empowerment of staff and students
- 3 Allocation of appropriate resources and recognition
- 4 Staff professional development

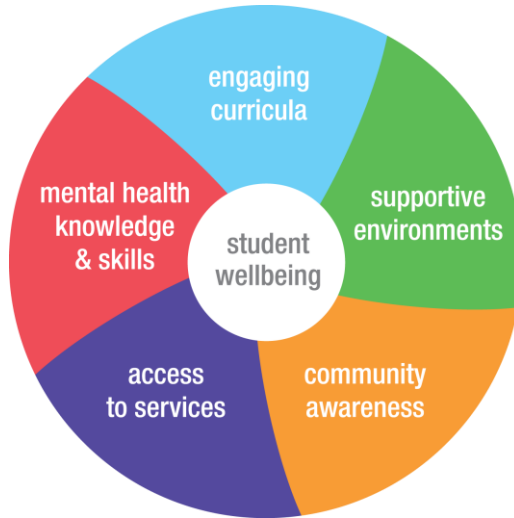
**Approach**

Our Framework draws on three well-known blueprints for health promotion: *The Ottawa Charter for Health Promotion*<sup>2</sup>, *Healthy Universities<sup>3</sup> in the UK* and *Mindmatters<sup>4</sup>*. It was developed through a process of feedback and consultation with higher education researchers, mental health experts, institutional leaders and academic and professional staff from 13 universities.

**Figure 1 A Framework for Promoting Student Mental Health and Wellbeing**



## A framework for promoting student mental health and wellbeing





ENHANCING STUDENT WELLBEING  
RESOURCES FOR UNIVERSITY EDUCATORS

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A UNIVERSITY FRAMEWORK  
for promoting student mental wellbeing

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### Enhancing Student Wellbeing

Welcome to **Enhancing Student Wellbeing** – a suite of resources to assist university educators to develop policies, curriculum and teaching and learning environments that better support student mental health. The growing prevalence and severity of mental health difficulties across student populations in higher education is an issue of significant concern for universities. This project supports sector-wide conversations, a whole-of-institution approach and pedagogical innovations that promote mental health and wellbeing, enabling all students to realise their academic potential.

**1. STUDENT WELLBEING**

Why are so many students experiencing poor mental health? Experts answer questions about the high rates of student distress and the role of universities in promoting wellbeing. [Learn More](#)

**2. CURRICULUM DESIGN**

Can academic curricula better support mental health? Good Practice Principles and discipline-based case studies of curriculum design to enhance student wellbeing. [Learn More](#)

**3. TEACHING STRATEGIES**

Are your students learning effectively? Evidence-based strategies to promote student engagement and scaffold competence in a range of teaching and learning contexts. [Learn More](#)

**4. DIFFICULT CONVERSATIONS**

Not sure what to say? Counselors, teaching academics, and students offer insights and strategies for managing difficult conversations with students about their mental health and behaviour. [Learn More](#)

**5. YOUR WELLBEING**

How are you managing your own wellbeing? Resources and strategies to help you maintain good mental health and to help you recognise how student distress may affect your own wellbeing. [Learn More](#)

