



University of  
**Nottingham**

UK | CHINA | MALAYSIA

# International Student Mental Health

## Best Practice Guidance & Intervention Case Studies



**student  
minds**





# What are we doing?

- The project's aim is to discover established best practice in supporting **international students mental health** and wellbeing in the **UK's higher education sector**.
- This will be brought together in a published set of guidance **by December 2021**.
- Funded by the Office for Student's (OfS) Mental Health Challenge Competition.

Office for  
Students





University of Nottingham

UK | CHINA | MALAYSIA

# Who? Project in Partnership



University of Nottingham

UK | CHINA | MALAYSIA



SOAS

University of London



Leeds University Union



University of Nottingham Students' Union

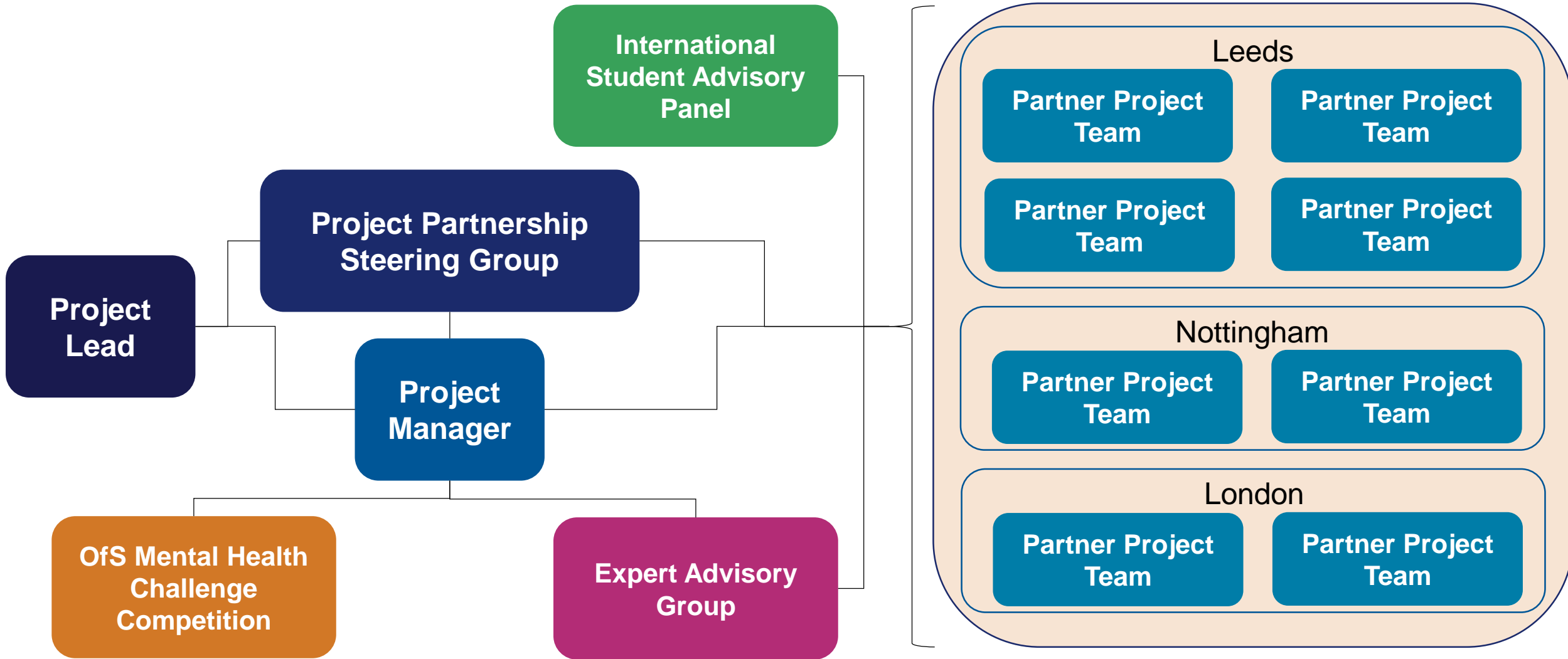


UNIVERSITY OF LEEDS

student minds

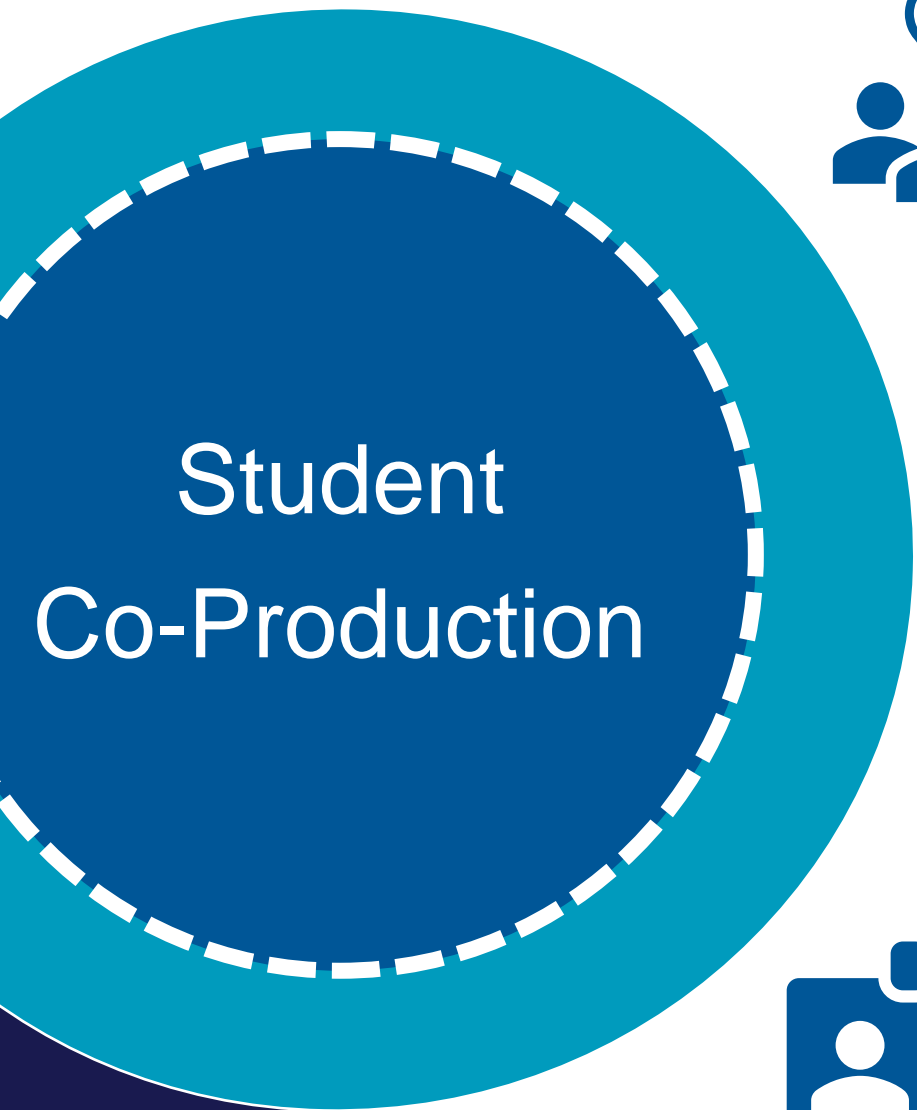


# Who? Project Governance





- Universities reporting in use of support services and students declaring mental health conditions.
- National agenda on tackling poor mental health and wellbeing and raising awareness.
- Significant increase in international student population within the University sector.
- Complex challenges that international students face coming to study in the UK.



Student-Led Initiatives Fund



Discovery Visits



Expert Advisory Group



Recruit Specialists



## Evaluation

Student-Led Initiatives

Drafting Guidance

Conference

Publishing Guidance

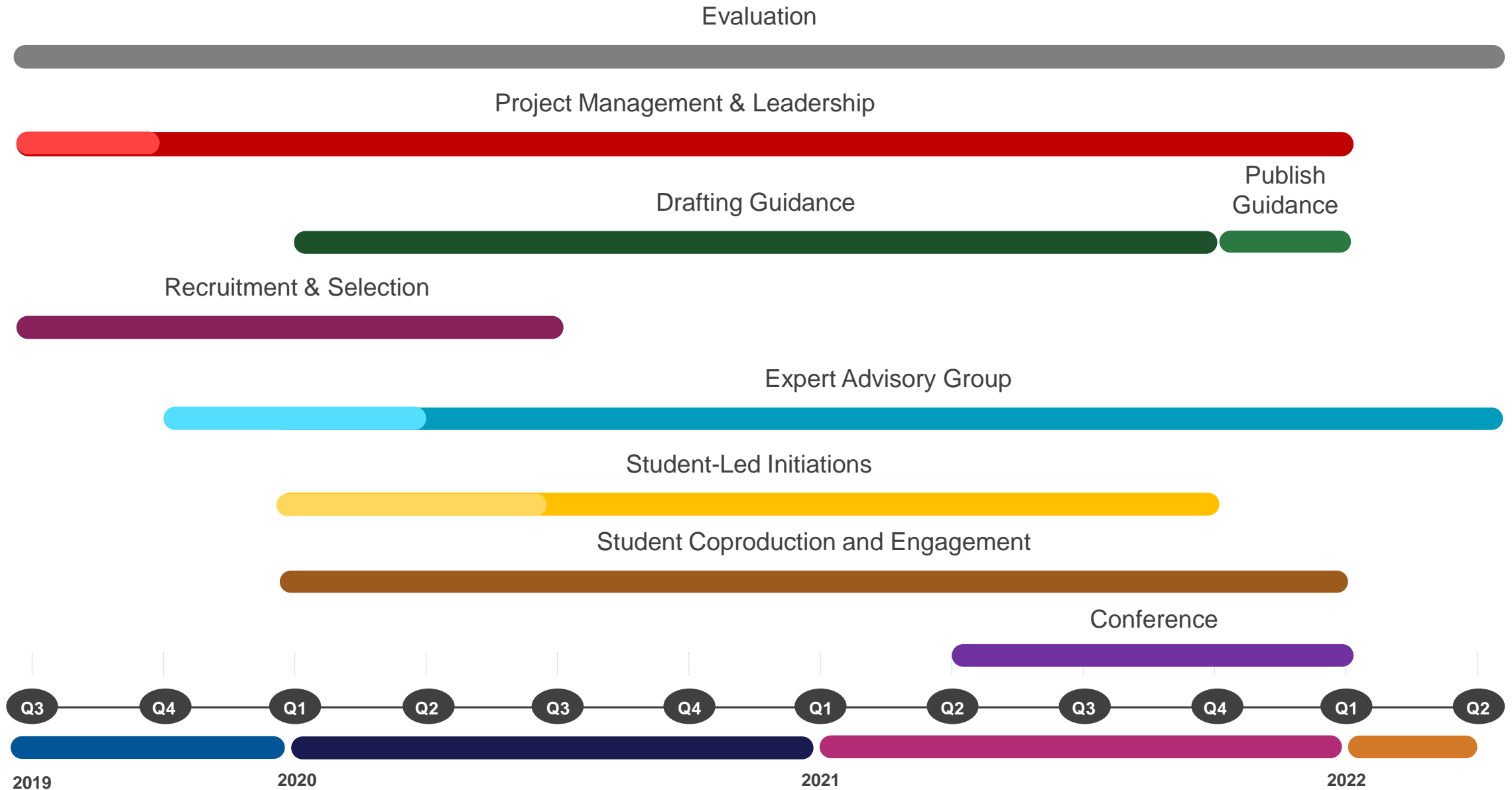
Expert Advisory Group

Recruitment & Selection  
Specialists

Project Management &  
Leadership

Co-Production & Engagement

# Project Timeline







# “We Want to Help!” I hear you say!

1

We need you! Join our online Expert Advisory Group!

2

Follow us on Social Media

3

Sign up to our Newsletter

4

Tell us about events and activities that support international students!

5

Tell everyone about the project! We want people to know about us!



# Questions



@ismhproject



@ismh.project



@ismh.project



@ismh.project