

Mental Health Well-being in Tertiary Education 2023



Objectives

1. To gain an understanding of how people define mental health
2. To identify current and future mental health trends
3. To design a plan for tertiary education to support students with mental health issues



Background

- 'Reasonable' response to support
- Research is focussed on the issue of mental health (wellbeing) in order that we can continue to meet all our students needs in the future
- Gaining an understanding of people's perceptions of mental health wellbeing will provide opportunities to clarify what mental health may look like, trends that are occurring and how tertiary providers and environments can remain suitably flexible



Research Journey

- Anecdotal evidence from primary researcher suggesting number of students with mental health conditions is increasing



- Ministry of Health (2017) pointing out number of people engaging with mental health services has been increasing from 2011



- Multiple media presenting statistics such as "demand for university counselling services grow 25 per cent in two years"

Waikato Uni recruiting a full-time mental health nurse

Lincoln enlisting a GP to develop a wellbeing strategy

Otago hiring 3 clinical psychologists in a restructure

Auckland adding two more staff to its student wellbeing team due to growing need

Research prepared

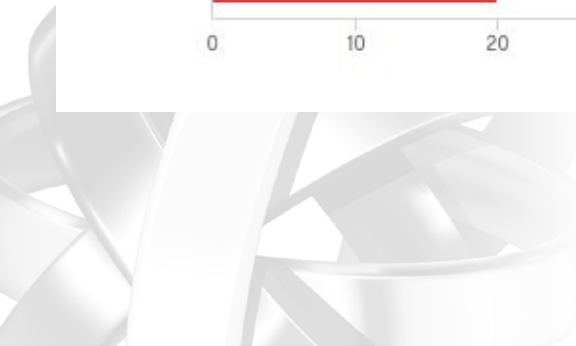
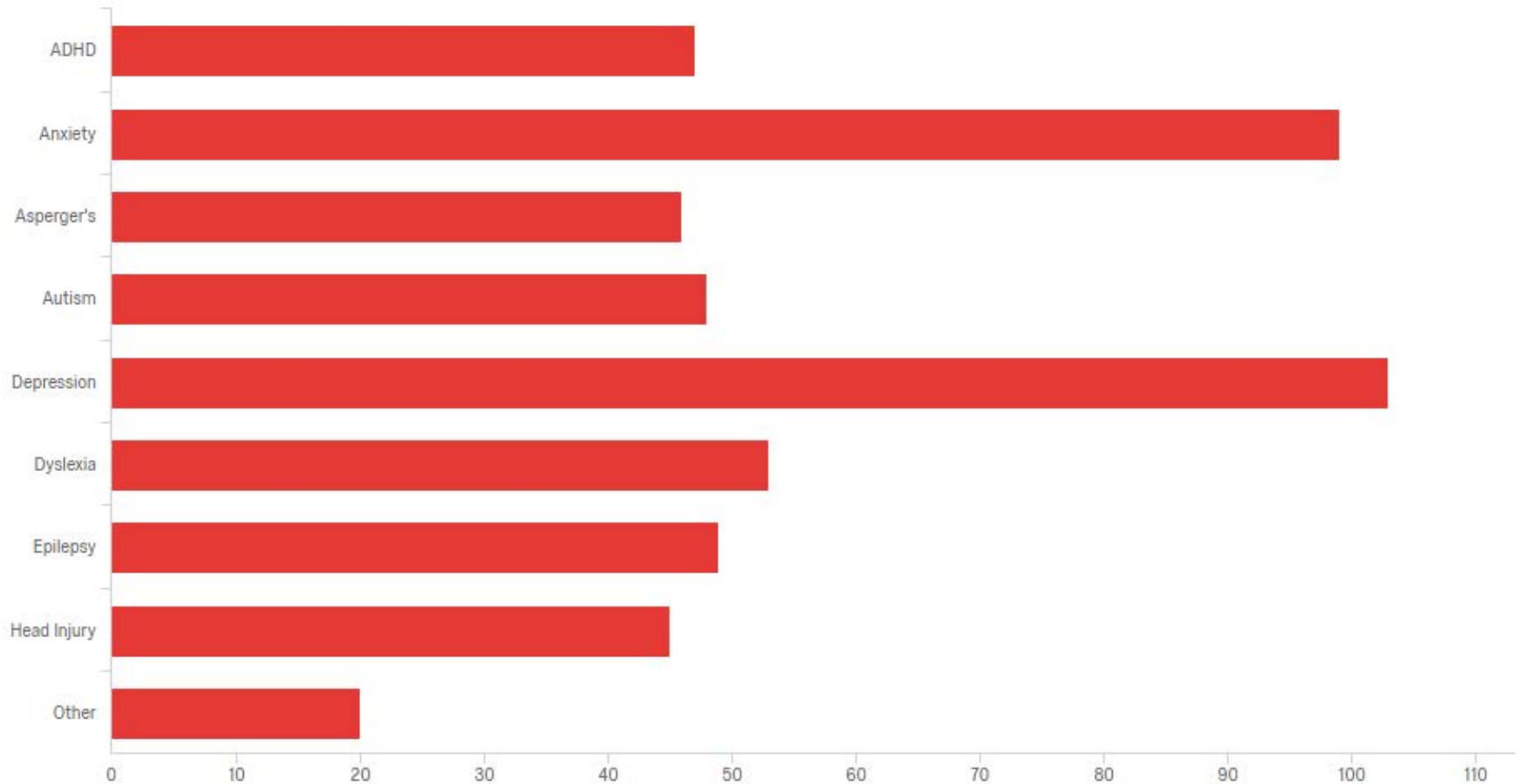
- Quantitate and Qualitative data
- Gender, age, ethnicity
- We had 115 participants / 4 interviewees
- Questions asked.....



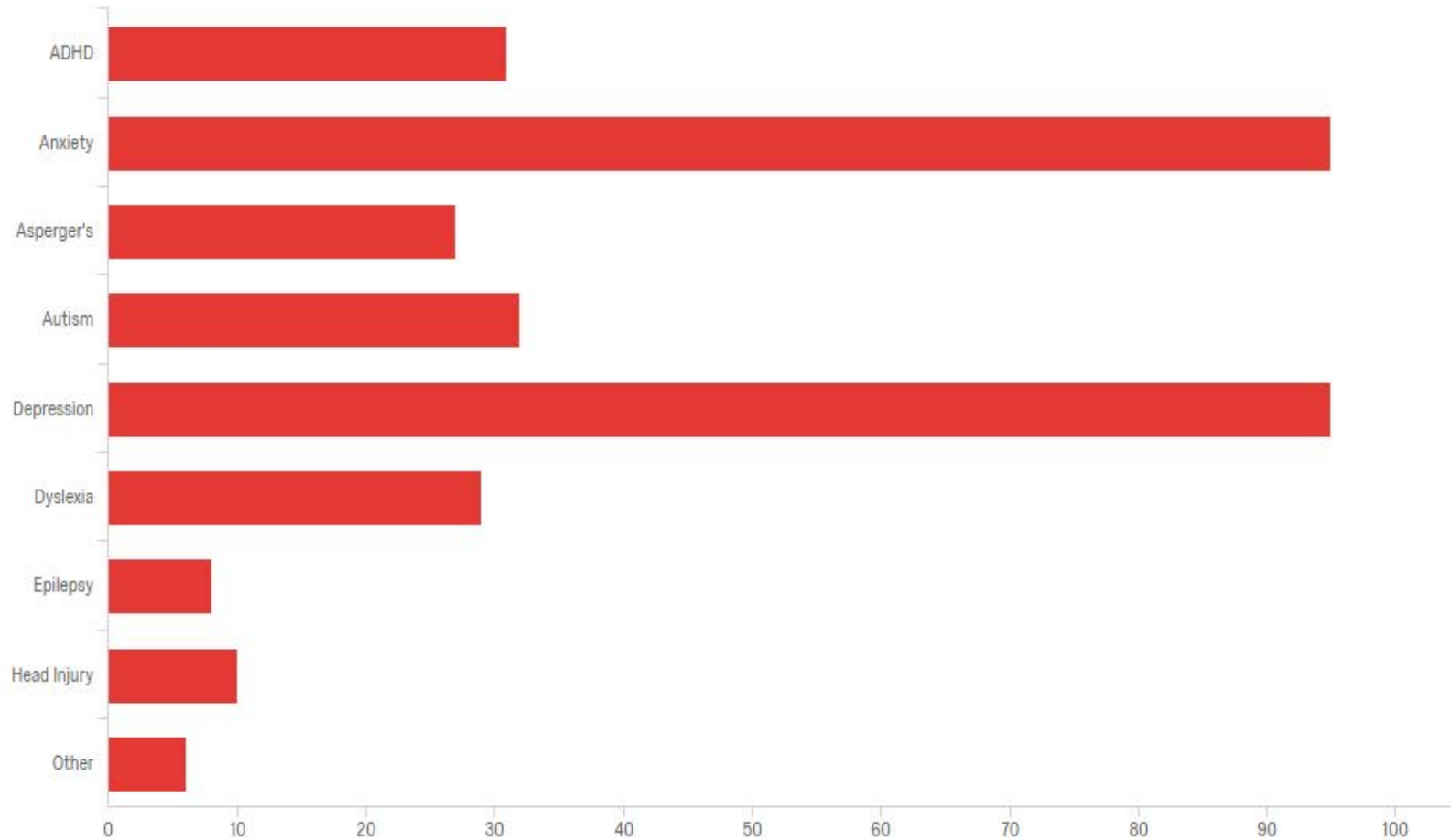
How would you define the term Mental Health?
(answers varied)



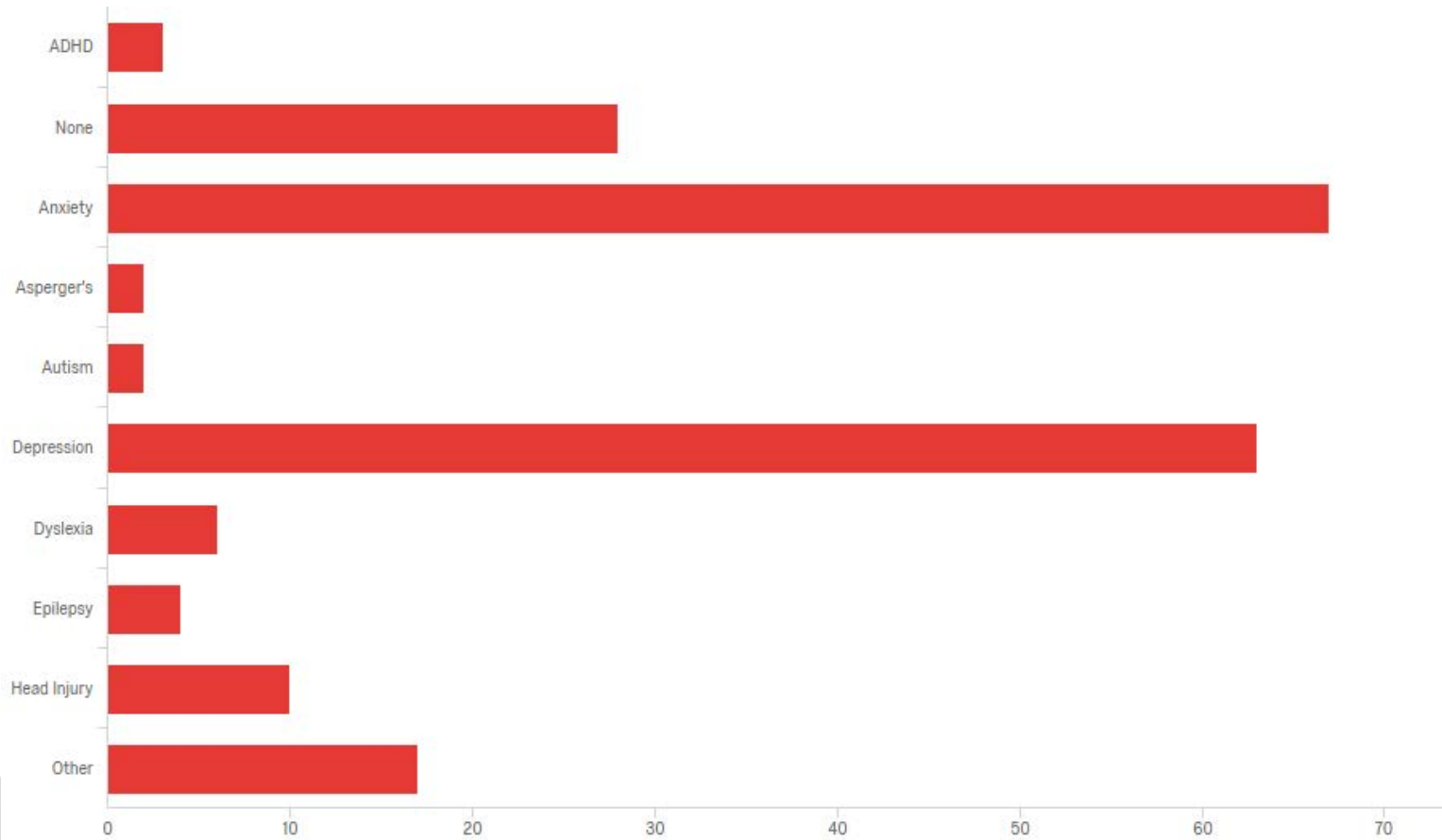
Which of the following are you most familiar with?



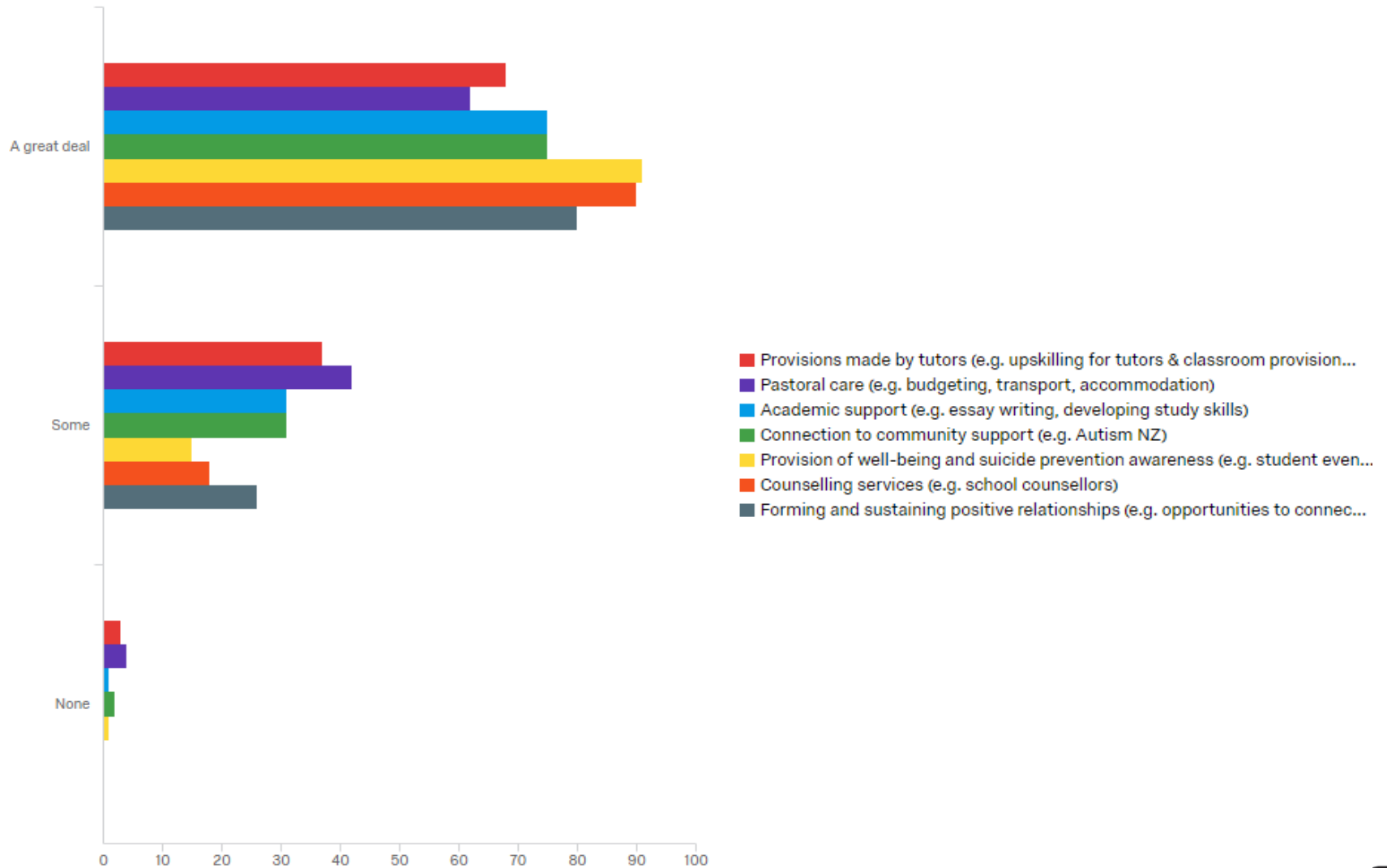
Which of the following do you think will be the most common in adult education in five years time?



Which of the following have you personally experienced yourself?



How much do you anticipate tertiary providers should proactively support and respond to mental health well-being through the following?



Key Insights

- People's perceptions of mental health vary considerably
- Tertiary study adds an additional layer of pressure on young people's mental health
- Tutors need more training regarding what to do around mental health matters
- There is real room for tertiary providers to increase support
- Anxiety and Depression statistically are at the forefront of mental health concerns
- Plan for tertiary institutes going forward
Wellbeing, staff awareness, community, counselling, mental health advisors