

## **Raising Awareness of Mental Health in Higher Education (RAMHHE)**



**UNIVERSITY OF  
BIRMINGHAM**



**The University of  
Nottingham**

UNITED KINGDOM · CHINA · MALAYSIA

You are invited to attend a one day conference at the University of Nottingham.

### **Title:**

**Raising Awareness of Mental Health in Higher Education (RAMHHE)**

**Date:** 10<sup>th</sup> October 2016

**Time:** 09.00am - 16.30pm

**Venue:** Senate Chamber, Trent Building, University Park,  
University of Nottingham, NG7 2QE

The objective of the **RAMHHE** conference is to promote an anti-stigma and inclusive day, where people can express their views and perceptions of mental health through collective dialogue.

The aims of the **RAMHHE** conference are to provide a social learning space that will encourage collaborative discussions and to inform universities of the need to involve the student voice in the development of campaigns and awareness initiatives for mental health.

### **We will engage in discussions on five key issues:**

1. Why do higher education students experience mental health?
2. How can we create an awareness of mental health among higher education students?
3. What strategies can we put in place to better support mental health in higher education?
4. How can we promote peer to peer support for mental health among higher education students?
5. How can we provide a space for higher education students to express their views and perceptions of mental health?

Information from the conference will provide an interdisciplinary insight into how to raise awareness of mental health in higher education.

### **Participation of services is voluntary**

Tables and poster boards will be provided for participating services to display their information materials and engage with students and other attendees.

Each service can also nominate someone who can speak on the day on behalf of the service. Please send us your information leaflets and any event supporting materials for us to publicise your service on the events website.

### **Findings from the conference will be accessible via different routes. Names of individuals and services will be anonymised**

Findings will be written up and made publicly available. In addition, we will publish findings in reports and journals, and present findings at workshops or conferences. If you would like a summary of the findings, please provide us with your contact details.

We hope that you are able to participate in this one day conference and look forward hearing from you.

### **For information, questions and to confirm your attendance please contact:**

Josephine NwaAmaka Bardi on: [josephine.bardi@nottingham.ac.uk](mailto:josephine.bardi@nottingham.ac.uk) or the RAMHHE Organising Committee on [ramhheconference@gmail.com](mailto:ramhheconference@gmail.com)

With best wishes,

*The RAMHHE Organising Committee, ESRC East Midlands University*

### **Also on behalf of the conference team:**

**Professor Paul Crawford**, Professor of Health Humanities at the School of Health Sciences, University of Nottingham and Director of the Centre for Social Futures at the Institute of Mental Health.

**Dr Stephen Timmons**, Associate Professor in Healthcare Innovation, University of Nottingham and Chair and Training Director of the Economic and Social Research Council (ESRC).

**Dr Nicola Wright**, Assistant Professor in Mental Health and Deputy Course Lead Graduate Entry Nursing, School of Health Sciences, University of Nottingham.