

Raising Awareness of Mental Health in Higher Education (RAMHHE)



UNIVERSITY OF
BIRMINGHAM



The University of
Nottingham

UNITED KINGDOM · CHINA · MALAYSIA

Invitation to a free one day conference at the University of Nottingham

We would like to invite you to **Raise Awareness of Mental Health in Higher Education (RAMHHE)**; an ESRC East Midlands student-led, interdisciplinary conference that will be hosted at the University of Nottingham.

RAMHHE conference will be held at:

Title: Raising Awareness of Mental Health in Higher Education (RAMHHE)
Date: 10th October 2016
Time: 09.00am - 16.30pm
Venue: Senate Chamber, Trent Building, University Park, University of Nottingham, NG7 2QE

It does not matter what your views or perceptions are about mental health. **RAMHHE** is a **free event** for the **first 100 undergraduate and postgraduate students** from the University of Nottingham, University of Birmingham and the University of Warwick. To book the conference on Eventbrite, click the link below:

<https://www.eventbrite.co.uk/e/raising-awareness-of-mental-health-in-higher-education-tickets-26502444525>

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.

There will be inspirational and motivational speakers with lived experiences of mental health, mental health service providers with information on mental health and wellbeing and mental health practitioners on hand to answer any questions that you may have.

This event seeks to promote the student voice in raising awareness of mental health in higher education. Therefore, you are invited to [submit a mental health awareness campaign poster](#). The three winning posters will be used to support mental health promotion campaign on campus.

Prizes will be awarded to the three best posters and all participants who submit a poster will receive a certificate of participation.

**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.

Please show your support for the call to Raise Awareness of Mental Health in Higher Education, by **writing the words below on an A4 paper size, take a selfie of you holding the paper and post it on your Facebook Page or Tweet it.**

I SUPPORT THE CALL TO RAISE AWARENESS OF MENTAL HEALTH IN HIGHER EDUCATION

#RAMHHE16 @[ramhheconferen1](#)

If you have any questions or queries, please get in touch by contacting Josephine NwaAmaka Bardi on: josephine.bardi@nottingham.ac.uk or the **RAMHHE** organising committee on ramhheconference@gmail.com.

On behalf of the organising committee, we look forward to interacting with you at the conference.

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.