A SOCIAL DESIGN PROJECT FOR STUDENTS FROM STUDENTS

MENTAL HEALTH

PRESENTATION

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PROJECT TOPIC

Mental Health addresses every person unrelated to where they come from or who they are. We want to explore how to address this topic from a different point because it is often related to something heavy or very sensitive. We want to explore how to educate students and make mental health support more accessible.

A STATE OF WELL-BEING IN WHICH THE INDIVIDUAL REALIZES HIS OR HER OWN ABILITIES, CAN COPE WITH THE NORMAL STRESSES OF LIFE, CAN WORK PRODUCTIVELY AND FRUITFULLY, AND IS ABLE TO MAKE A CONTRIBUTION TO HIS OR HER COMMUNITY.
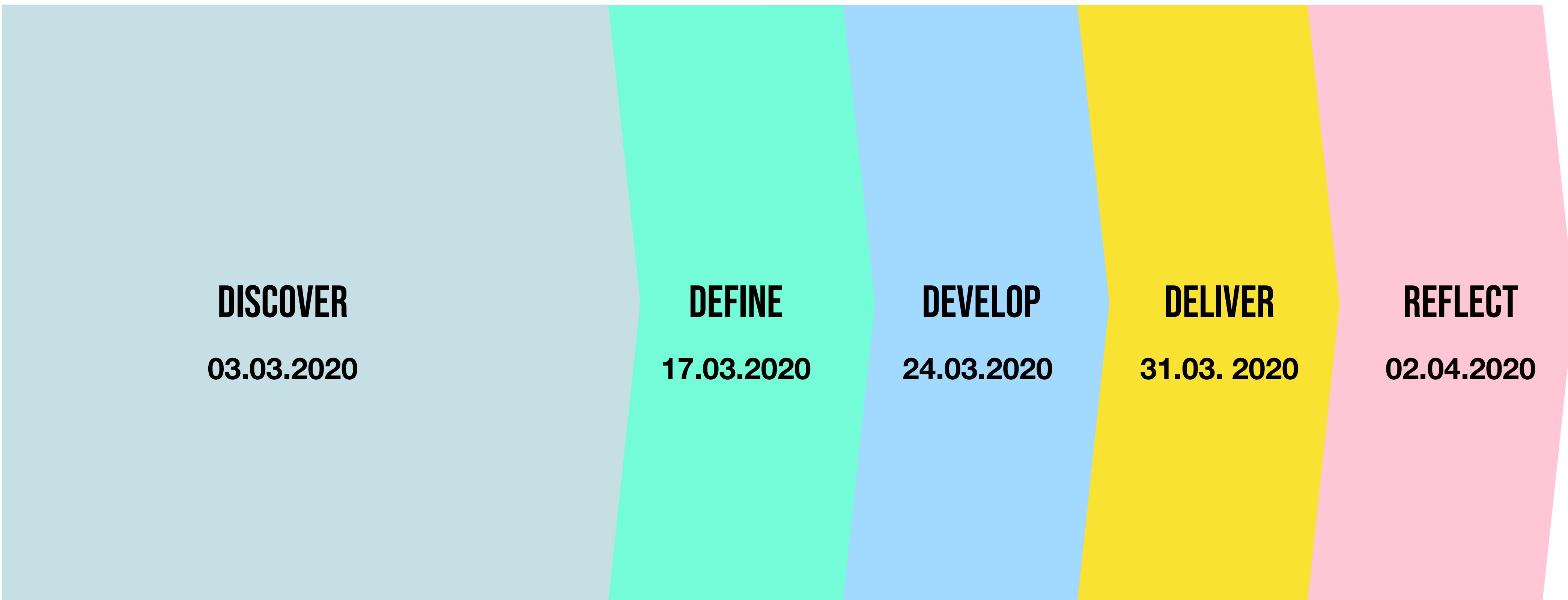
PROJECT TIMELINE

DISCOVER

03.03.2020

DEFINE

17.03.2020

DEVELOP

24.03.2020

DELIVER

31.03. 2020

REFLECT

02.04.2020

DISCOVER PHASE

INTERNATIONAL & EXCHANGE STUDENT	LOCAL STUDENT
overwhelmed with content/context	overwhelmed with study content/context
language barrier	not feeling understood/alienated
isolation / humour barriers	struggle to connect
adapting to unknown environment	adapting to new environment
financial pressure/responsibilities	financial pressure/responsibilities
depression/anxiety	depression/anxiety
loss of private life due to moving countries	separation of work and private life (work/study-life-balance)
struggle to have fun / find activities to have a nice experience	lack of free time for social fun
anxiety of losing friends/environment back home	anxiety of losing friends/social environment due to stress

RESEARCH QUESTIONS

- What are the main causes of the mental health issues? What are the main stressors?
- How do people deal with mental health issues?
- What do people do to maintain their mental wellbeing?
- What do universities and organizations do in terms of mental health? What forms of support do they offer to their students?
- What are reasons why you wouldn't seek mental support?
- Why is talking about mental health still stigmatized?
- How educated are students on the topic of mental health?
- How is mental health perceived differently by different cultures?
- What is the mental health "situation" like in Switzerland?

AMERICAN COLLEGE HEALTH ASSOCIATION SURVEY

43% said they felt so depressed at some point in the academic year that it was difficult to function

33% acknowledged stress-related problems

25% reported problems with their studies as a result of sleep problems

18% reported depression symptoms

15% had received a diagnosis of depression sometime in their lives

13% of students reported having symptoms of anxiety

10% had seriously considered suicide

1.9% had attempted suicide.

Source: American College Health Association, (2019).

CAUSES OF MENTAL HEALTH ISSUES AMONG STUDENTS

- Unknown environment

- Loss of friendships

- Adjusting habits

- Displacement

PSYCHOANALYTIC METHODS (IDEATION)

- Group therapy

- Sharing thoughts/emotions/strengths/weaknesses

- Sharing picture

WHAT EXCHANGE STUDENTS THINK ABOUT MENTAL HEALTH?

- Mental health is complicated and difficult topic

- Easy accessibility is needed

- Communication is important

- Not all students keep in touch with their buddies.

SURVEY MAIN INSIGHTS

- Mental health viewed as a neutral term (6.5 out of 10)

- People are lacking education in Mental Health (6 out of 10)

- Most of students seek help from families and friends or do physical exercise to take care of their mental health

- Main barrier: prefer to deal with problems by themselves (45%); fear of being judged (42%); financial (27%)

- Most of students did not receive mental health support at university, in case of need would seek support externally (19% students did not know this service exists)

- Over 76% of students would get mental support by a psychologist

DEFINE PHASE

HOW DOES THE SITUATION IN SWITZERLAND LOOK LIKE?

STUDENTS REPORTED MORE HEALTH PROBLEMS THAN THE REST OF THE POPULATION, WITH NEARLY 20% SAYING THEY HAD CHRONIC HEALTH ISSUES (OF WHICH 26% WERE MENTAL HEALTH ISSUES).

SOURCE: FEDERAL STATISTICAL OFFICE STUDY, (2018).

WHILE ON AVERAGE 94% OF 20- TO 35 YEARS OLDS CONSIDER THEMSELVES AS (MENTALLY-)HEALTHY, COMPARATIVELY ONLY THREE-FOURTH OF STUDENTS OF THAT AGE DO SO.

SOURCE: FEDERAL STATISTICAL OFFICE STUDY, (2018).

IN THE MOST RECENT UNIVERSITY OF LAUSANNE ANNUAL "HOW ARE YOU?" WELL-BEING SURVEY OF FIRST-YEAR STUDENTS, OVER HALF OF RESPONDENTS REPORTED STRESS DUE TO STUDIES AND WORKLOAD, WHILE JUST UNDER HALF SAID THEY WERE WORRIED, ANXIOUS, TIRED OR DEMOTIVATED.

SOURCE: SWISSINFO.CH

Klienten der psychologischen Beratungsstelle Uni Basel

Pro Jahr

- 2015: 109
- 2016: 121
- 2017: 147
- 2018: 174
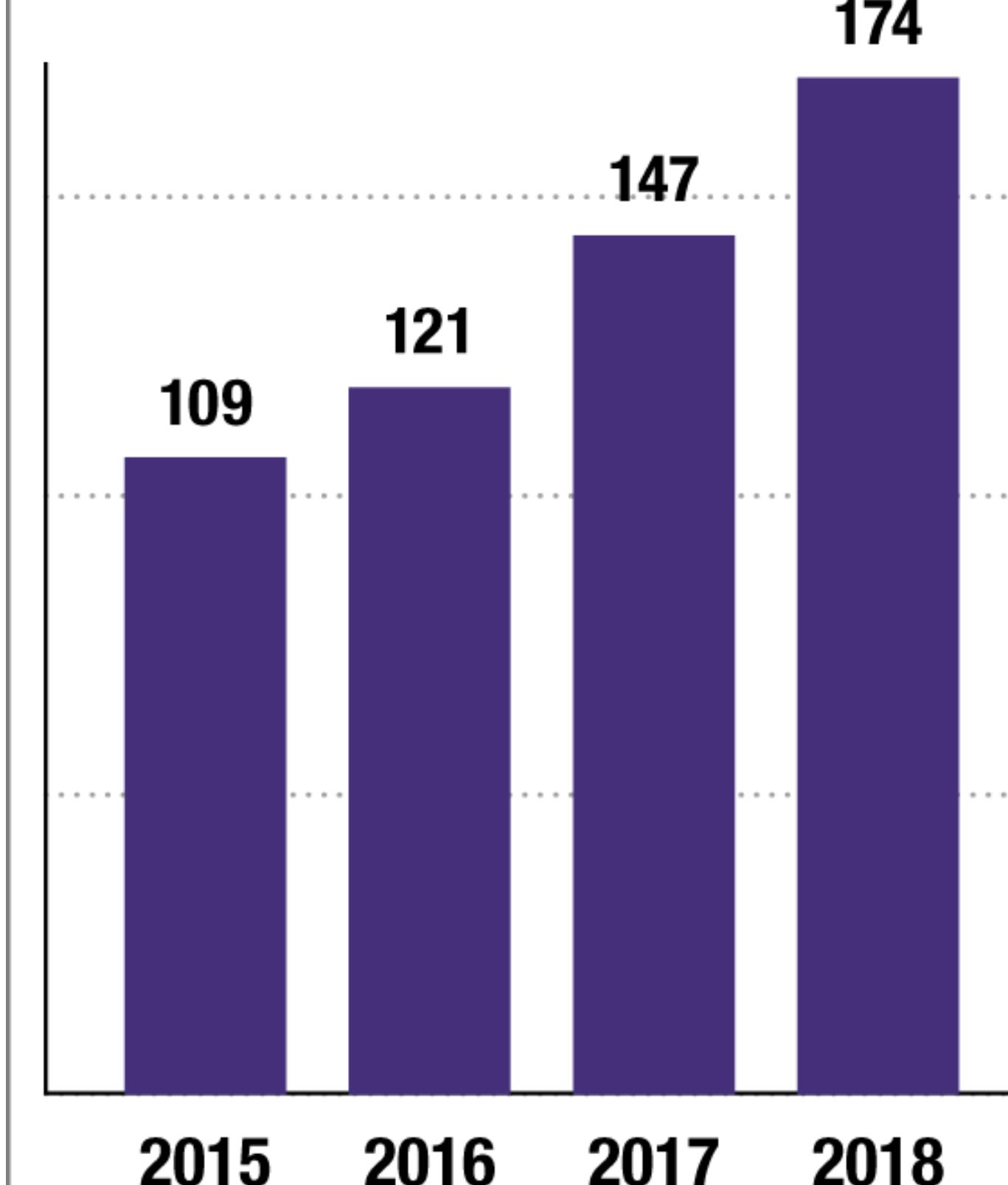
Quelle: Psychologische Beratungsstelle der Uni Basel

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Klienten der psychologischen Beratungsstelle Uni Zürich und ETH

Pro Jahr

- 2015: 1243
- 2016: 1337
- 2017: 1472
- 2018: 1765
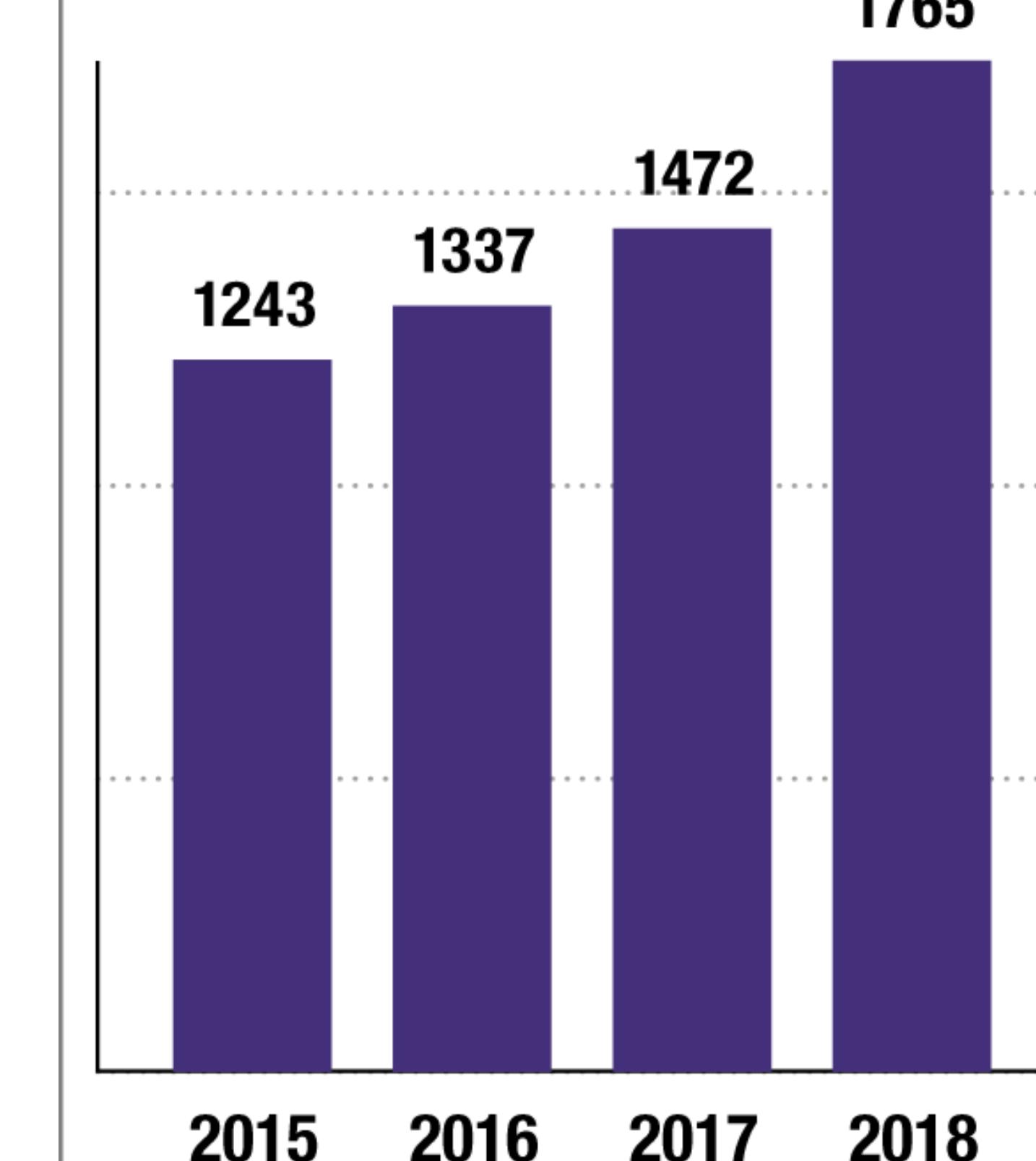
Quelle: Psychologische Beratungsstelle der Uni Zürich

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KEY TAKINGS

- Mental Health is a pressing issue especially among students because they are more likely to suffer from mental health problems

- Mental Health still has a stigma and people fear being judged

- There are support services offered by schools, however their visibility is lacking

- Students generally prefer talking to peers or family first before going to a psychologist

- Demand for mental health support services at university are increasing

- Financial concerns are a barrier to seek help

PROBLEM DEFINITION

Mental Health seems to be perceived as a rather negative and heavy topic in our society that comes with a stigma partly due to insufficient education.

Therefore we see the possibility to find out ways of how to break the stigma, make support more accessible and educate students through our project.

DEVELOP PHASE

Buddy system

Regular Mental Health Surveys

Physical Touchpoints at Uni: Tipps & Tricks

Psychology Students as counselors

IDEAS

Support groups

Tracker for mental well-being e.g. app

Mental Health Blog

Digital mental health journey journal
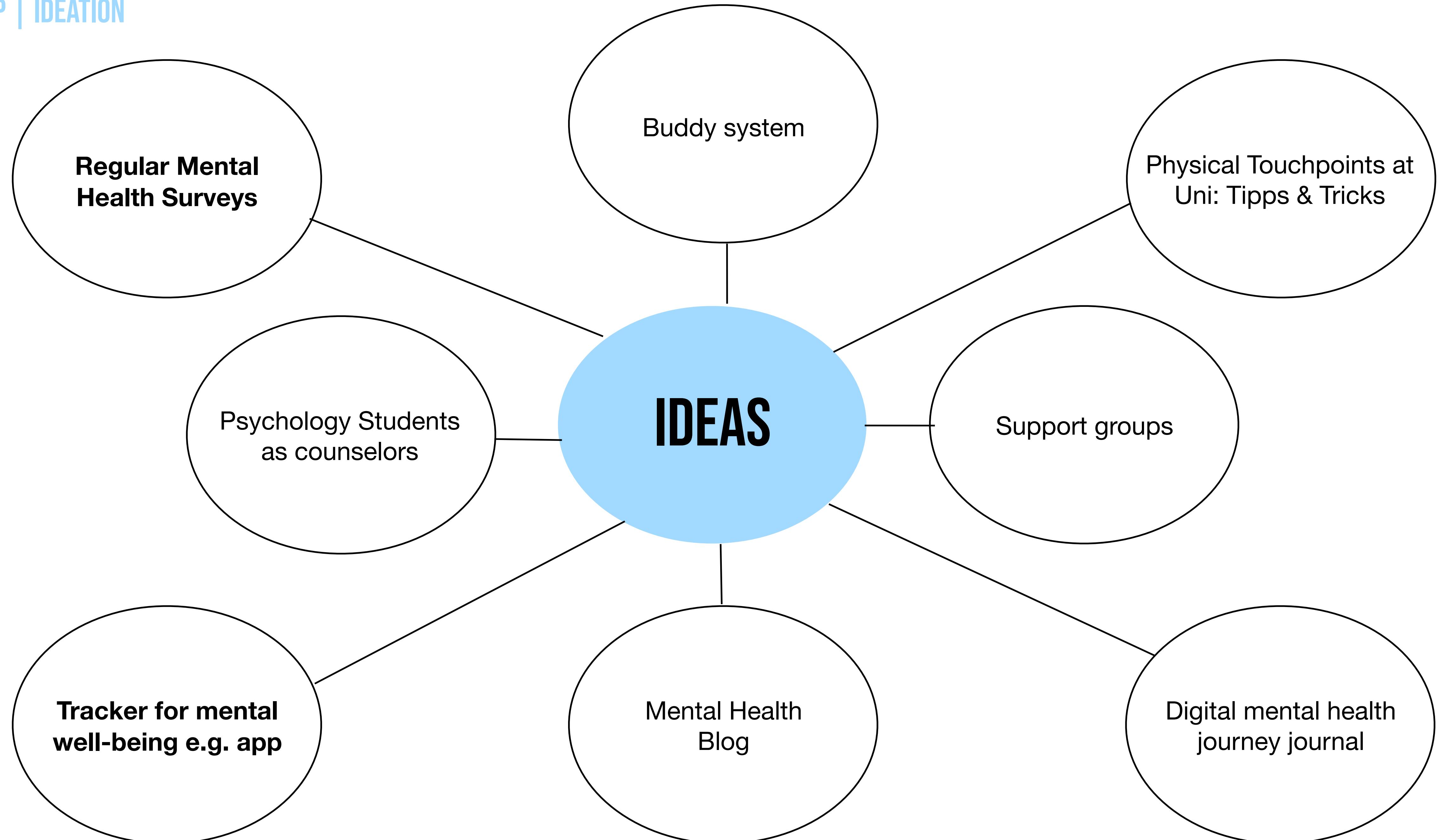
BENCHMARKING

student minds

**"DEPRESSION:
let's talk about it!"**

MIND-MAP

LET'S TALK ABOUT MENTAL HEALTH
Ein Studierendenverein der Universität Basel
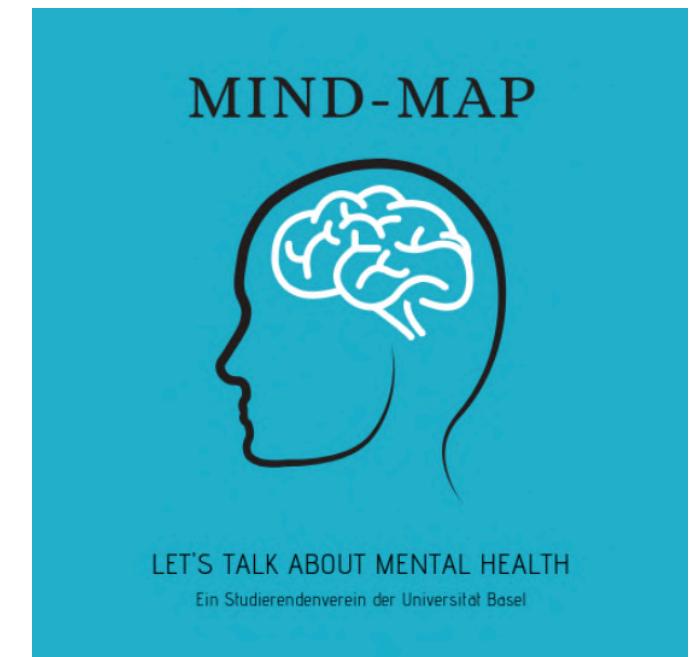
DELIVER PHASE

A CAMPAIGN TO RAISE AWARENESS

Our campaign aims to reach and encourage students to speak up. Through simple and iconic questions we will invite them to take a one-minute break and reflect about how they are feeling.
The campaign will also provide them with first aid contacts, tips and access to online services.

3 POINTS OF ACTIONS - CONCEPT IDEA

	INFORM STUDENTS	CREATE PRACTICE	DIRECTING TO EXISTING SUPPORT
PROJECT GOAL	INFORM STUDENTS	CREATE PRACTICE	DIRECTING TO EXISTING SUPPORT
PROJECT INPUT	Inform students about stress, worry, tiredness caused by the studies which can lead to mental health issues.	Create small practices to keep on reminding the students about their mental health	After being the first point of contact for the students we want to redirect them to support services depending on their needs
PHYSICAL TOUCHPOINT/TOOL	Info point at first day of school and later in the semester	Interaction Board/ Mindfulness Exercises/ Poster	Poster/Flyers about existing services
DIGITAL TOUCHPOINT/TOOL	Video Promo for our Mental Health Campaign on first day of school/ Reminder after the first semester	Online test/survey with results and tips about how to improve, where to get helpt, etc.	Online Presence Ilias, HSLU Website, Newsletters
TIMELINE	IN THE BEGINNING OF THE SEMESTER	DURING THE SEMESTER	DURING THE SEMESTER
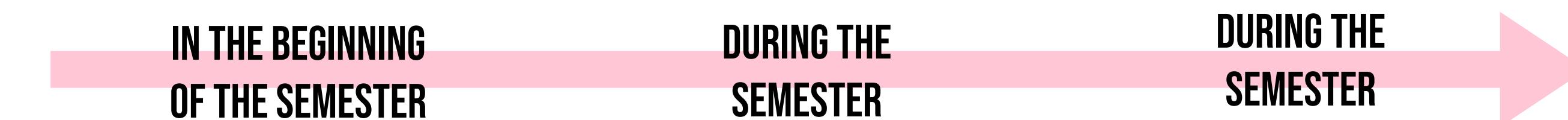
REFLECTION PHASE

LEARNINGS

- Mental health is a very challenging topic that is difficult to approach as the spectrum is very broad and with grave importance. This was a major revelation we had and posed a great challenge on us as we were urged to find a focus on one area within the topic.

- Increased awareness about the topic: We all broadend our horizon in the field and gained some additional insights

- Due to the complexity of the topic we had to find a way to do the topic of mental health justice

- Start with small adjustments first (set achievable goals and start in the direct environment). More likely to have a bigger impact than when trying to reach for the stars.

- The way to approach the topic. Since the topic is private and sensitive, approach carefully.

- Need to work actively with experts in that area

WHAT WE WOULD DO THE SAME

- For the time we had, took time to discuss
- We changed workplaces (e.g. cafeteria and library) to increase our own mental well-being and be more inspired
- Learning and working in a smaller group is more efficient

WHAT WE WOULD DO DIFFERENTLY

- Learning and working even more in a smaller group because it is more efficient
- Include experts
- Narrow down the information we are looking for/data gathering efficiency in advance
- Set a project plan from the beginning and stick to it (also consider no study time to work on this project)
- Mid-term presentation: give an overview of the whole project (research methods used, insights gathered, key findings,…)

THANK YOU.