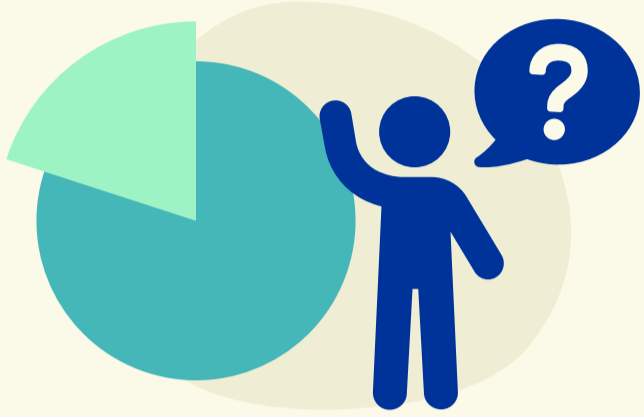
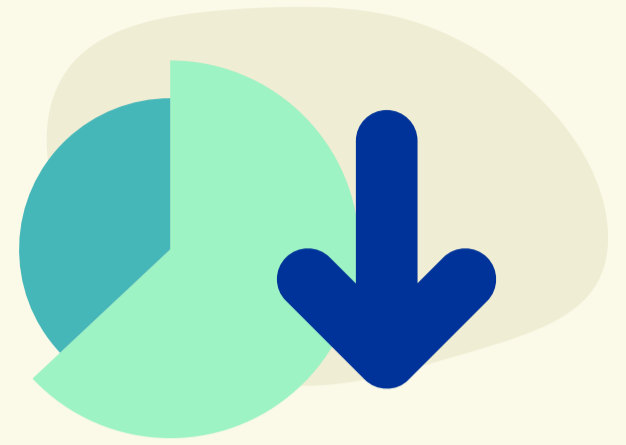


STUDENT MENTAL WELLBEING FROM COVID-19 AND BEYOND

63% of students indicated that their wellbeing and **mental health** had **worsened** since the start of the autumn 2020 term. (ONS, November 2020).



Only **20%** of students have sought mental health support. (NUS, November 2020).

More than half of students say their mental health has deteriorated or been affected negatively by Covid-19. (NUS, November 2020).

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“I expected support to be transitioned **online**, **prioritised** and **bolstered** where possible.”
(Universities Minister Michelle Donelan, June 2020).

“Students starting university go through multiple **life-changing events** all at the same time; moving house, navigating independent living, financial independence, starting a new course, making new friends etc. Combine this with **a global pandemic** and it becomes very easy to see how this segment of young people are struggling right now.”
(NEF Associate Rosie Maguire, February 2021).



The mental wellbeing of those aged **between 16 and 24** deteriorated **more than any other age group**.
(The British Academy, March 2021).

The pandemic will cause a **decade-long shadow** amidst worsening mental health. (The British Academy, March 2021).

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Higher Education students and staff are being encouraged to 'Check in' with their mental wellbeing regularly. Visit learninglabs.co/checkinwithyourself for more info