



TERTIARY STUDENT ENGAGEMENT PLAN

MENTAL HEALTH MATTERS.

I Am Hope identifies that while we have youth programs in primary to high schools, we haven't connected to tertiary students. To explore the possibility of changing this, we worked with student consultancy group ThinkPod to explore ways to interact with the University of Auckland as a pilot. Below are their report's key takeaways, holding recommendations based on interviews, secondary research, and infrastructure analysis.

GOALS FOR THIS REPORT:

1. Increase student awareness of Gumboot Friday & I Am Hope.
2. Increase supply of mental health resources for all students.
3. Increase Youth Ambassador development opportunities.



WWW.IAMHOPE.ORG.NZ

FINDINGS & SUMMARY

STUDENT OPINIONS ON MENTAL HEALTH SERVICES

- Students like that the University is taking action with compassionate consideration, special exam conditions and free counselling [even if improvements are needed].
- Services are inadequate:
Recommendations were unhelpful with some leaving feeling worse off.
Support workers weren't properly trained.
Positive experiences were short due to only 3 free sessions per year [following referrals=^cost].
After negative experiences, many did not return.
The environment is stigmatised.
- Experiences have primarily been negative:
Under-resourced and underfunded with no crisis support.
Overbooked and inconvenient.
Lack awareness and visibility of the services available.
Unsuitable for dealing with long-term mental health issues.

STUDENT SOLUTIONS FOR MENTAL HEALTH SERVICES

- Increase adequacy by funding changes such as:
More service-related counsellors.
Improved administration.
More safe spaces around campus.
More long-term student counselling options.
- Address root problems of mental health and services:
Start face to face conversations surrounding mental health.
Create more relatable and fun student events for destigmatisation
- Increase awareness:
Social acceptance.
University workload stress.
Lack of support.
Online learning with no clear guidance [pandemic].
Unrealistic high expectations.
More accommodation about assignment delays.

THINKPOD