

# The University of Western Australia

## MENTAL HEALTH AND WELLBEING

### Survey and Focus Groups Summary

#### WHO DID WE REACH?

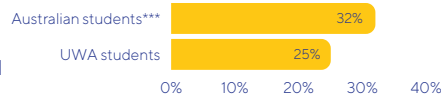
**2,542** students surveyed\*

**213** staff and students participated via in-person consultation\*\*



#### PREVALENCE OF PSYCHOLOGICAL DISTRESS

UWA students reported slightly lower rates of very high psychological distress than the national average



Students with very high psychological distress felt that this negatively impacted their academic performance

#### WHAT WE ARE DOING WELL



Mental health training is valuable for staff and students



The availability of mental health services on campus



The Living Room is a great way to access support from peers without an appointment



UWA Sport, the link between physical and mental health – with a range of offerings



Opportunities to make connections with other students



Representing diversity across programs and services

#### TOP 3 STRESSORS FOR STUDENTS



Assessments (27%)



Wellbeing concerns (16%)

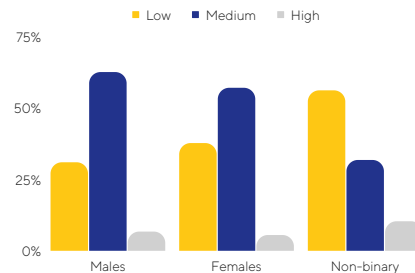


Friendship and belonging (15%)

#### STUDENT WELLBEING



UWA students rated their sense of wellbeing\*\*\*\*



#### WHAT WE HOPE TO DO TOGETHER



Foster connectedness and belonging



Enhance connections between academic and professional staff and students



Celebrate and recognise diversity



Improve awareness of services



Promote wellbeing in our learning and teaching practices



Further enhance UWA's physical and digital spaces

#### EXPERIENCE OF BELONGING AND CONNECTEDNESS

##### SOCIAL SUPPORT



85% of students rated their social support as moderate to high

##### SOCIAL CONNECTEDNESS



75% of students rated their social connectedness as moderate to high



**41%**

recently experienced moderate to high loneliness

Strong association between low levels of social support and psychological distress

#### WHERE ARE WE HEADING?



Community consultation and collaboration has resulted in the co-designed inaugural UWA Mental Health and Wellbeing Framework

#### SOURCES

\*UWA Student Mental Health and Wellbeing Survey (2021)

\*\*UWA in-person consultation (focus groups, interviews) (2021)

\*\*\*National Tertiary Student Wellbeing Survey (2016)

\*\*\*\*Warwick-Edinburgh Mental Wellbeing Scale