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.

Top 3 Stressors for Students
- Assessments (27%)
- Wellbeing concerns (16%)
- Friendship and belonging (15%)

Student Wellbeing
- UWA students rated their sense of wellbeing****
  - **41%** recently experienced moderate to high loneliness
  - Strong association between low levels of social support and psychological distress

Experience of Belonging and Connectedness
- **85%** of students rated their social support as moderate to high
- **75%** of students rated their social connectedness as moderate to high

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
- Opportunities to make connections with other students
- UWA Sport, the link between physical and mental health – with a range of offerings
- Representing diversity across programs and services

What We Hope to Do Together
- Foster connectedness and belonging
- Celebrate and recognise diversity
- Promote wellbeing in our learning and teaching practices
- Enhance connections between academic and professional staff and students
- Improve awareness of services
- Further enhance UWA’s physical and digital spaces

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