

Promoting Wellbeing in Higher Education: A Comprehensive Guide for Students and Academic Staff

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Abstract

The growing prevalence of mental health challenges among students and academic staff highlights the urgent need for institutional approaches that transcend reactive support. This presentation introduces a comprehensive, evidence-informed 100+ page Guide on Mental Health in Higher Education, designed to empower universities to cultivate supportive, inclusive, and resilient academic communities. Developed through an extensive collaborative co-design methodology involving key stakeholders, the guide outlines actionable strategies, policy recommendations, and sustainable practices tailored to the distinct needs of both learners and educators. Grounded in a whole-institution framework, the resource addresses critical touchpoints including prevention, early intervention, stigma reduction, and systemic culture change. Attendees will gain insight into the guide's conceptual framework, co-design process, and strategic implementation pathways, equipping higher education leaders and practitioners with practical frameworks to embed mental health and wellbeing directly into the core of academic life.

Keywords: Higher Education Wellbeing, Student Mental Health, Academic Staff Support, Whole-Institution Approach, Co-Design Methodology

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