

# Supporting Mental Health and Wellbeing through Education

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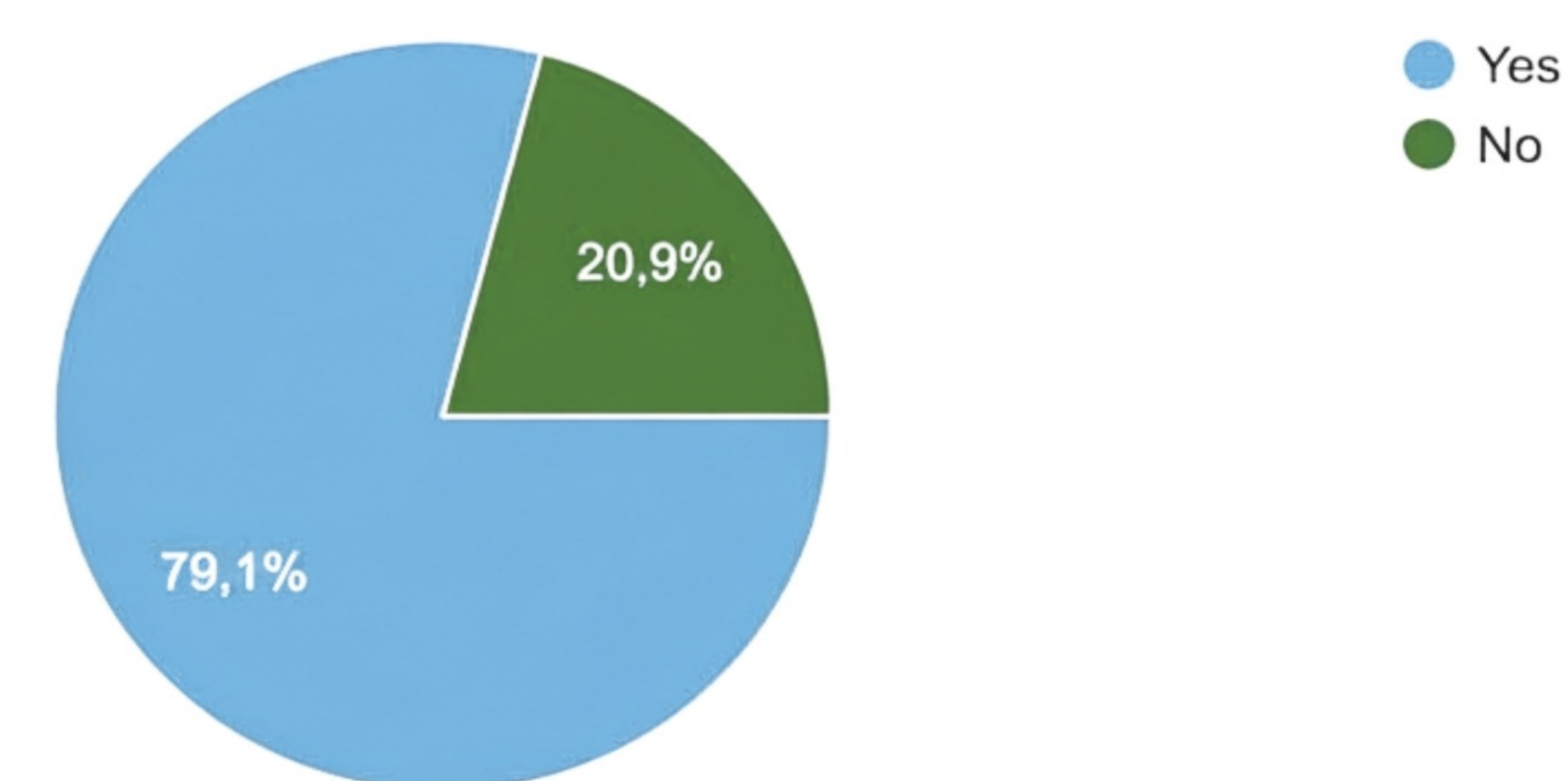
## Mental Health in University Context

- Mental Health: a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community
- **40%** of university students experience mental health issues, **one out of five** students struggles with clinical mental health disorders
- Besides psychological vulnerabilities, social and biological factors also increase the risk of developing mental health disorders
- $\frac{2}{3}$  of students face significant financial difficulties, often connected with high emotional stress
- Students from low-income backgrounds and international students are the most vulnerable
- **Up to 51%** of students reported uncertainty about where they could seek help

## Survey within the EC2U Forum 2026

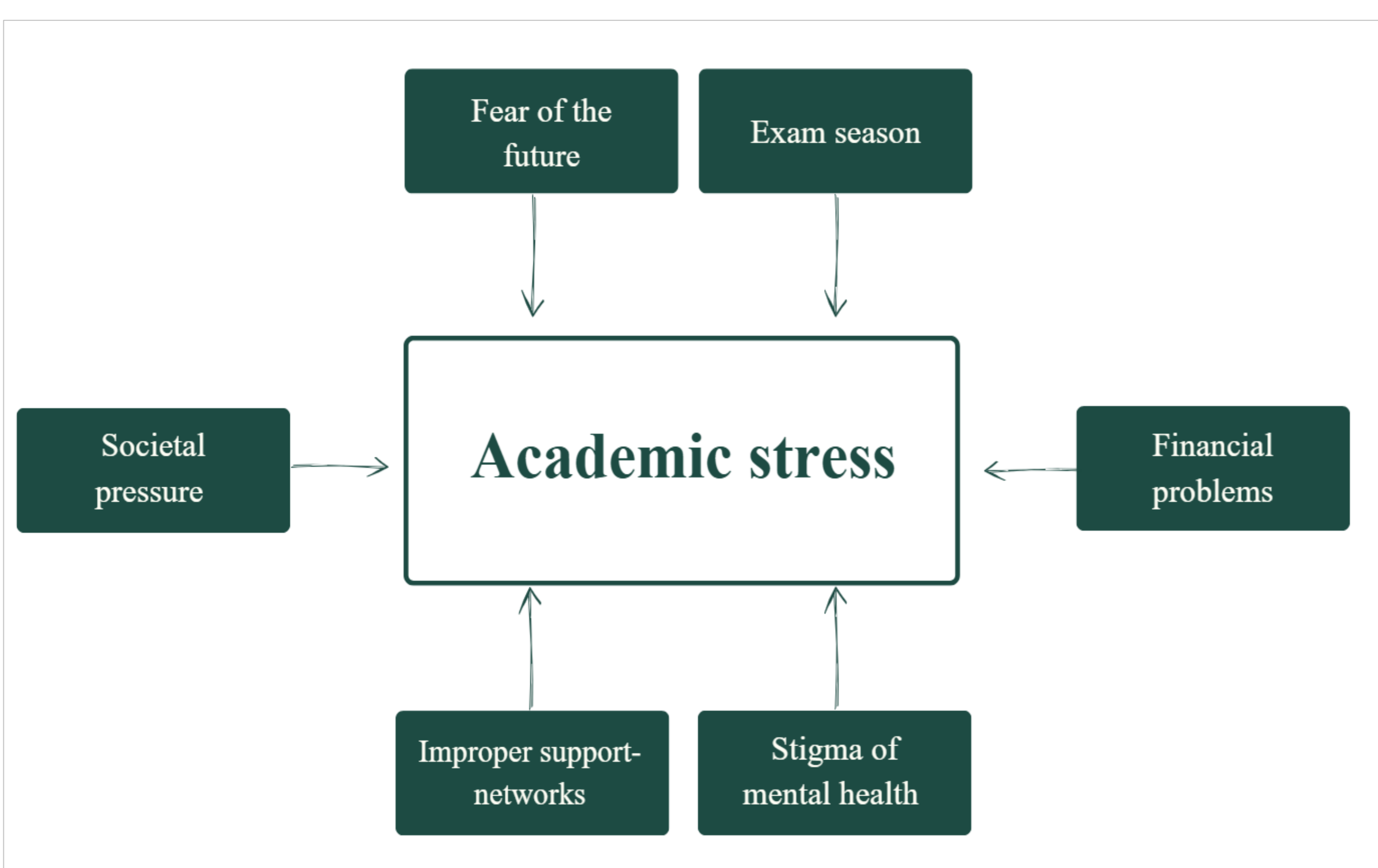
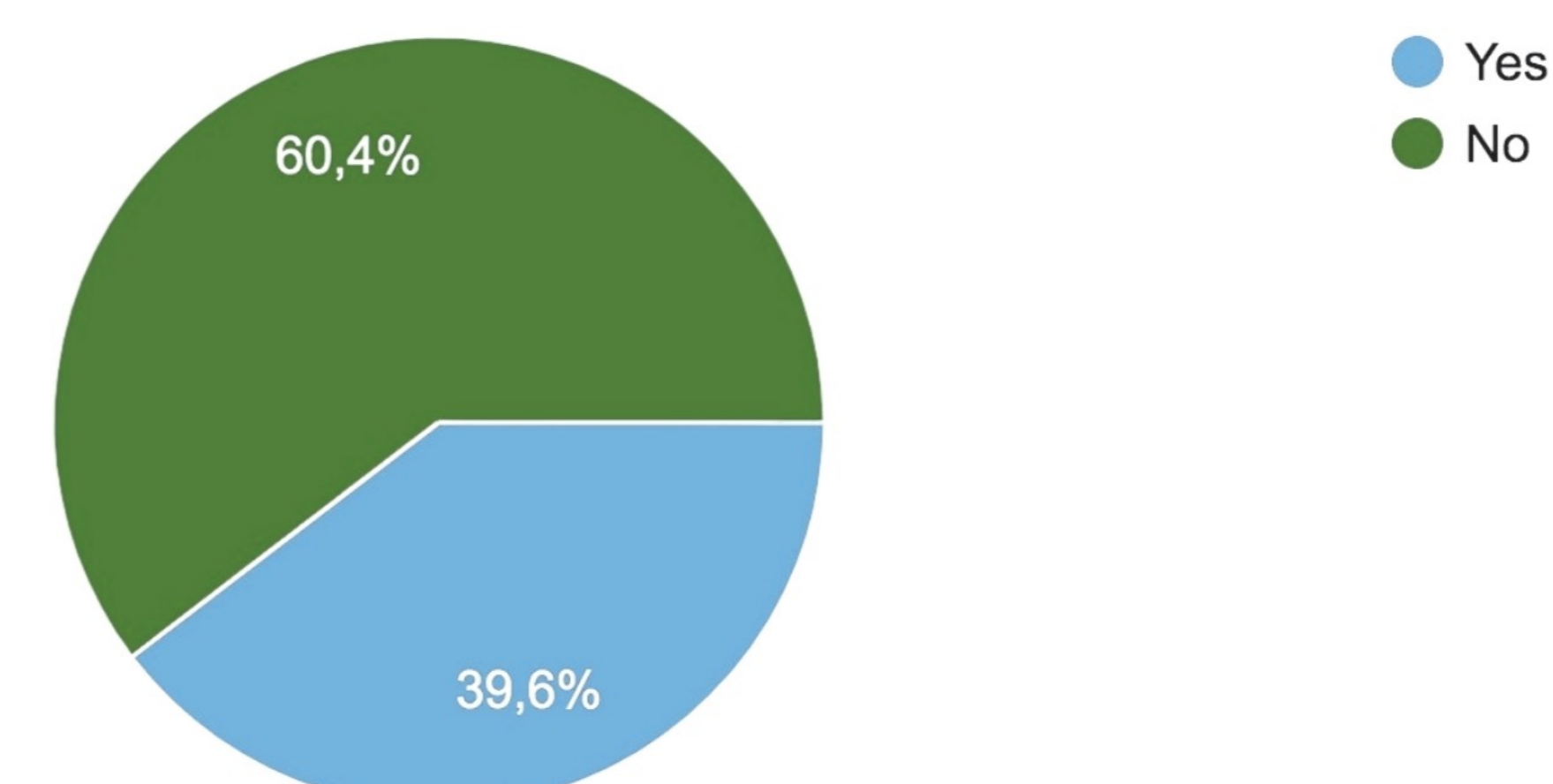
Have you ever struggled with mental health during your university studies?

67 answers



Did you seek help?

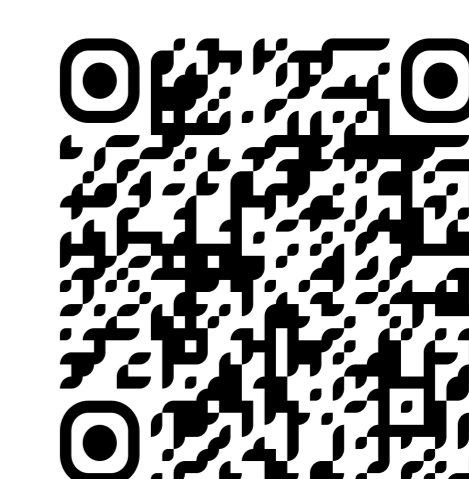
53 answers



## Solutions

- Address the queries and concerns of students
- Transparent communication regarding deadlines, feedback, and support
- Diversified assessments throughout the academic session
- Establish respectful boundaries that foster a supportive environment
- Provide common spaces to rest, study, and connect
- Support students with basic needs like food, housing, and financial guidance
- Encourage learning through creativity, sports, and community activities

Scan this QR code to view the mental support resources available across all EC2U alliance campuses



## References

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