Student Mental Health Evidence Hub

HUB URL: taso.org.uk/student-mental-health-hub/

The Student Mental Health Evidence Hub is an open access digital resource which provides information and guidance for the higher education sector on how they can improve student mental health support.

The Hub – developed with the support of a dedicated student panel – will assist higher education practitioners responsible for designing and implementing interventions to support student mental health.

It includes guidance on evaluating existing programmes of support, examples of current practice, and a first-of-its-kind toolkit outlining the evidence base on what works which is mapped to the University Mental Health Charter.

The project has been managed by a consortium of five expert partner organisations to ensure the Hub's value to the sector: AMOSSHE, SMaRteN (led by King's College London), Student Minds, and What Works Wellbeing, with TASO as the lead partner.

The Student Panel included students from various backgrounds, courses and higher education providers, all with an interest in promoting student mental health. The panel provided insights into how students experience current support systems in higher education.

The Hub aims to encourage robust evaluation practice in the sector in order to generate further evidence of what works to support students' mental health and wellbeing.

The Hub consists of five key elements:

- A toolkit and associated toolkit pages which are underpinned by an evidence review.
- Examples of practice from the sector.
- Evaluation guidance on how to select and measure mental health outcomes in non-clinical settings, written especially for the project.
- Student perspectives.
- Project resources.
- The hub does not include toolkit pages for suicide prevention interventions, or online interventions as these were beyond the scope of this project, nor does the hub cover the use of data analytics to support student mental health.

Visit the Student Mental Health Evidence Hub today.