**Student Minds® @ UNSW**

*The Student Voice on Mental Health*

Student Minds® is the student voice on mental health: opening minds, creating understanding and connecting students with the resources to thrive. We are an outreach program driven by students.

Student Minds® aims to raise awareness, cultivate knowledge and develop skills that contribute to student success, wellbeing and resilience.

Student Minds® aims to:

1. Reduce stigma surrounding mental health
2. Increase awareness of mental health issues
3. Encourage help-seeking behaviour
4. Promote positive psychological resilience
5. Reach the wider student body

Student Minds® encourages any interested students to volunteer for the cause and leave a valued and important legacy.
on campus. Volunteers receive training in mental health, psychological literacy and peer-to-peer communication and are able to assist with events and campaigns.

Student Minds® volunteering is AHEGS recognized upon completion of necessary hours.

Students can contribute to Student Minds® at one of two levels:

- **Student Minds® Executive** - Complete 10 hours of training and a minimum of 20 hours volunteering.
- **Student Minds® Volunteer** - Complete 10 hours of training and a minimum of 10 hours volunteering.

The training and workshops are focused in the first 6-8 weeks of each semester. Invitations to attend the scheduled training events are emailed to students registered with Student Minds.

Student Minds® activities and events are scheduled from O Week (late February) to the end of October.

Join this worthy cause and give yourself an opportunity to develop valuable real-world skills, contribute to a very important cause, meet like-minded individuals and leave a valued and important legacy on campus.

**Want more information?**

Join Student Minds® on [Facebook](https://www.facebook.com/)

For Queries: email studentminds@unsw.edu.au

**Want to be more involved?**

[Register your interest here](https://www.facebook.com/) and join the Student Minds ® [Facebook Group](https://www.facebook.com/) to look out for Volunteering Opportunities and to stay up to date with Events and Activities

**Conferences**

The Student Minds® Conference 24 September 2019 - The Diverse Mind: Celebrating our differences

**What opportunities does volunteering offer?**

You will have the opportunity to organise student-run events and campaigns.

Mentoring, sponsorship and training is provided by [UNSW CAPS](https://www.caps.unsw.edu.au/).

The program provides access to a range of training workshops, some of which are required for Student Minds® executive team and volunteers while others are optional.

Some workshops are geared specifically towards mental health, including certified training in [Mental Health First Aid](https://www.mentalhealthfirstaid.org/). Other workshops and training focus on: peer to peer communication and engagement and understanding differences in cultural attitudes to mental health and understanding psychological literacy.

Being involved in Student Minds® provides the opportunity to develop skills used in social enterprise as these skills underpin this volunteer program.

Student Minds® volunteers need to be ready to build their own capacity for self leadership and self-management, be prepared to work collaboratively with university staff and other students and to contribute to the success of the Student Minds® activity and event calendar.
There are a variety of induction programs, training and mentored experiences that support the goals of the program.

Student Minds® is a trademark owned by UNSW Australia with application in Australia and New Zealand.

See also

Student Wellbeing Course

Student Minds®
Document Version Date 29/10/2019
UNSW CRICOS Provider Code: 00098G
https://student.unsw.edu.au/studentminds