

Student Minds Transcript

MARKETING DESCRIPTION: Introductory video to Student Minds presented by their 2020 committee on the services and events which Student Minds offers.

WEBSITE: <https://su.nottingham.ac.uk/activities/view/student-minds>

Hey guys, so I'm Harry, I'm one of the Student Minds Coordinators this year. Student Minds are a student led project which aim to raise awareness of mental health issues as well as promoting the wellbeing of students within the university. We do this using events, campaigns and our positive minds groups which you're going to hear a little bit more about in this video.

Hi, I'm Hannah and I'm one of the facilitators at Student Minds Nottingham. Positive Minds comprises of six weekly peer support group sessions that aims to help students to keep low mood at bay. The group provides a non-judgemental, confidential and supportive space for you to share your experiences of university life with trained and experienced facilitators. We're hoping to run our sessions in spring semester this year but be sure to check back on our Facebook page for further updates.

Hi guys, I'm Annie and I am the events team leader for Student Minds this year. This will be my second year on the team so I'm really excited to get going and have another great year. This year, we've decided to go with the theme of facilitating friendships. So under this, we're going to organise events that all fit in with government guidelines but will be events such as coffee mornings both virtual and socially distanced. We're also doing gardening wellbeing sessions and then alongside this, we're also running podcasts which will be done by fellow students giving you some tips and tricks on how to settle in and on just general university experiences. So yeah, I hope it's going to be a great year and I can't wait to meet you all!

Hi, I'm Dafinah and I'm your social media manager at Student Minds Nottingham. You can follow us on instagram @studentmindsun and find us on Facebook at Student Minds Nottingham.

My name's Kate.

And I'm Dom.

We are both on the committee for Student Minds. One of the many reasons that I joined Student Minds is that there is a very large stigma surrounding mental health that I think is entirely unfair. I think people should not be ashamed of any mental health issues that they have.

I joined Student Minds because when I first came to uni, I struggled a lot because it was a very new environment and I felt very out of place and very alone and I believe Student Minds helps people in a similar position and I would love to be part of that.

Hi, I'm Michael Andrews. This year I've really enjoyed working with the charity at the university of Nottingham, Student Minds. I think it's a really worthwhile charity; it does great work tackling lots of mental health issues. University can be a very scary and different place when you first start so I think it's a really good, worthwhile charity to have.

Student Minds is really important because of the support it provides people at what can be a really difficult and daunting time when starting university. They also put on events such as the naked

calendar which UoN squash were lucky to be a part of. It was great to be able to promote body positivity and encourage people to celebrate whatever they look like.

Student Minds is a great student led organisation and as a club, we look forward to working with them throughout the year to promote mental health and make sure everyone gets the best start to their university experience as possible.

Thanks for watching, we hope to see you all very soon!