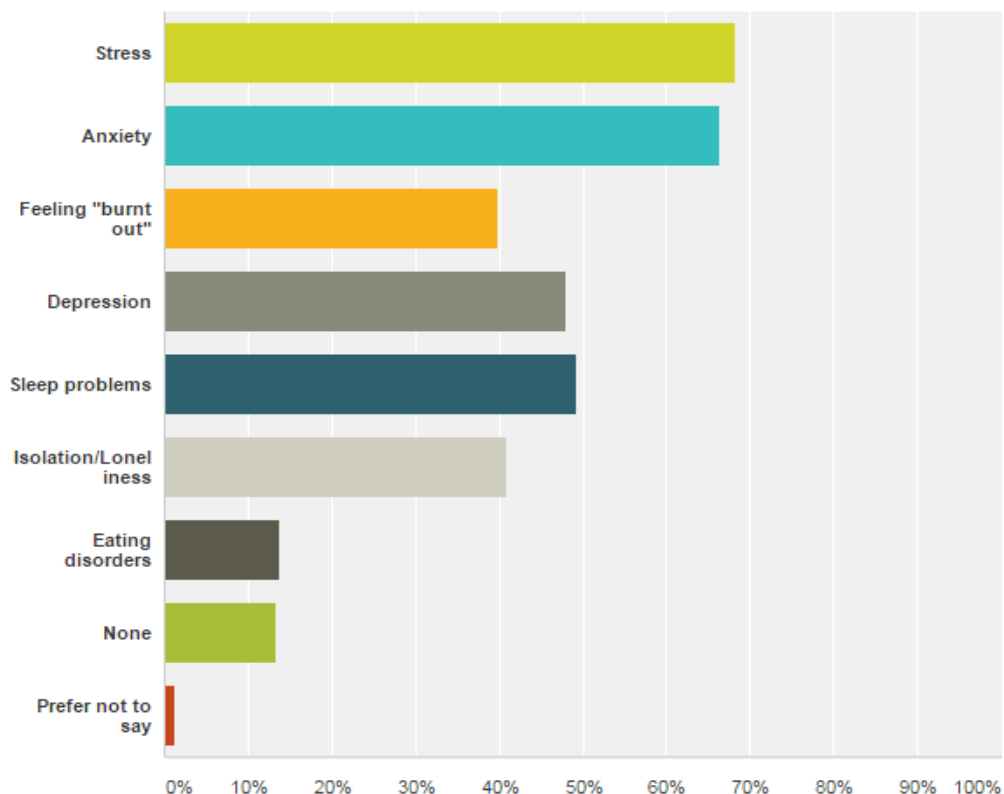


## Let's Be Honest Campaign update.

- We have a webpage with all of the campaign's aims and objectives here, including the teaser video and the #30daysofselfcare social media campaign  
[www.angliastudent.com/letsbehonest](http://www.angliastudent.com/letsbehonest)
- 6 students have written stories around their mental health which have been added to our webpage.
- Two launch events (be a friend) were held on the 17<sup>th</sup> October, which went really well and will be repeated in semester two. In Cambridge we combined it with a Crafternoon session with a student from Student Mind. In Chelmsford, students bought in homemade cakes and we raised money for Mind whilst advertising the survey. Both events brought forward quite a substantial number of students who want to be involved in the campaign.
- The survey has had just under 1000 students complete it which is great. We are closing it on the 9<sup>th</sup> November but have an app notification going out on Friday which should increase this number quite significantly. A full report of the survey will be created and circulated to a number of university committees. An example of two results so far;

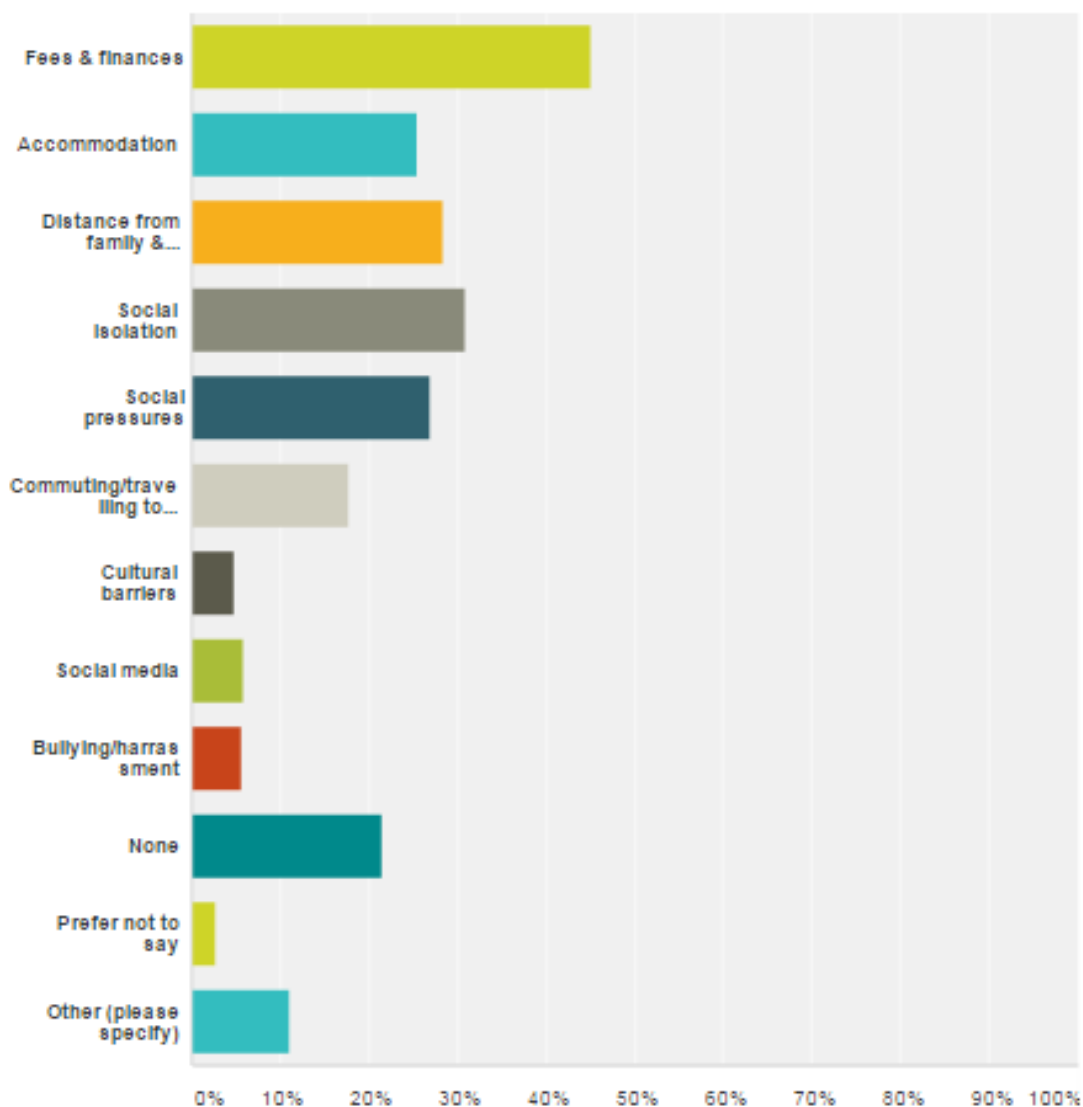
### Have you suffered from any of the following mental health difficulties and issues whilst at university?

Answered: 965 Skipped: 8



## If you have experienced any mental health problems at university, do you feel that any of the following has contributed?

Answered: 936 Skipped: 37



- Our next steps include; creating the report from the survey to circulate; holding project planning groups with students who want to play a bigger role in the campaign; inviting in some external speakers to give presentations on mental health related issues; campaigning for Keep Wednesday Afternoons Free; creating a personal tutor toolkit and creating a guidebook of useful information; amongst many other projects.
- In the attached project definition form you will notice a number of actions have been crossed out- this is because we have decided to create one guidebook encompassing all these aspects of self-help to ensure the information we are giving to students is correct and accessible.