

Mentally Healthy Universities

A mental health and workplace wellbeing programme for students and staff

Goldman Sachs and Mind Launch Mental Health Programme for Universities

Goldman Sachs and Mind today announced a £1.5 million partnership to provide mental health support in Universities.

In the first partnership of its kind, the *Mentally Healthy Universities programme* will be delivered by Mind and will reach over 6,000 students and staff at 10 Universities in its first two years. The programme will provide support and specialist training to equip these communities with the knowledge, skills and confidence to support their own mental health and that of others.

There is a growing recognition of the mental health challenges faced by the UK's higher education sector. According to the Higher Education Statistics Agency the number of students who disclosed a mental health condition almost doubled between 2012 and 2015 to nearly 45,000. However, national figures suggest that mental health difficulties within higher education are currently underreported as just 1 in 125 students (0.8%) and around 1 in 500 staff (0.2%) have disclosed a mental health condition to their university.

Goldman Sachs is a major recruiter of university graduates and its backing for this programme is part of broader efforts to improve mental health support in the workplace and wider communities. With a focus on students in their first and final years of study, the programme will address transitional moments in students' lives that can bring added challenges and pressures.

The programme is being funded by a significant group of Goldman Sachs partners in Europe, through the Goldman Sachs Gives programme, who have committed £1.5 million in initial funding with an intention to scale over time.

Richard Gnodde, CEO of Goldman Sachs International, said: "The transition through higher education and into the workforce is often a challenging and pressurised time in young people's lives. We believe employers have an important role to play in changing attitudes towards mental health through providing support, resources and open conversation around an often stigmatized subject. We look forward to supporting Mind and these universities in launching this critical programme."

Paul Farmer, Chief Executive of Mind, said: "We are really excited to be working with Goldman Sachs to better support thousands of university students and staff across England and Wales. We know that both students and staff face many pressures unique to the university environment. This timely opportunity allows us to deliver a programme that responds to the needs of university communities, building on good practice within the sector, to ensure everyone with a mental health problem receives support and respect."

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The 10 participating universities are:

University of Bath	University of Bristol	University of Cambridge	University of Central Lancashire (UCLan)	University of Greenwich
Leeds Beckett University	The London School of Economics and Political Science (LSE)	Oxford Brookes University	University of Sheffield	Teesside University

About Goldman Sachs

The Goldman Sachs Group, Inc. is a leading global investment banking, securities and investment management firm that provides a wide range of financial services to a substantial and diversified client base that includes corporations, financial institutions, governments and individuals. Founded in 1869, the firm is headquartered in New York and maintains offices in all major financial centers around the world.

About Goldman Sachs Gives

Goldman Sachs Gives is a donor-advised fund, through which our current and retired senior employees work together to recommend grants to qualifying nonprofit organizations to help them achieve their goals.

Contact

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About Mind

- Mind, the mental health charity provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding. They won't give up until everyone experiencing a mental health problem gets both support and respect. www.mind.org.uk
- Please note that Mind is not an acronym and should be set in title case.
- Mind has a confidential information and support line, Mind Infoline, available on 0300 123 3393 (lines open 9am - 6pm, Monday – Friday)
- Contact Mind's Media Team for interviews or further information on 0208 522 1743. For out of hours support, call 07850 788 514 or email media@mind.org.uk.
- To access to a range of free images to accompany mental health news stories, visit: www.time-to-change.org.uk/getthepicture. These images have been developed by Time to Change, a campaign to change how we all think and act about mental health problems. Time to Change is led by the charities Mind and Rethink Mental Illness, and funded by the Department of Health, Comic Relief and the Big Lottery Fund.