

Your Opinions Matter!

Join us at the U21 University Mental Health Online Symposium 2024 Series

In 2020, following consultation across the U21 network, the U21 Presidents endorsed the U21 University Mental Health Declaration, which includes a set of [5 principles](#).

This year, the U21 University Mental Health Group is launching a series of online symposiums to exchange ideas about implementation of the principles. The first in this series will be held in April 2024 (save the date!):

Date: 26 April 2024 (Friday)

Time: 3:30–5:00pm ADET | 12:30–2:00pm HKT | 5:30–7:00am GMT

Format: Hybrid (online, and f2f @HKU)

Topic: **Evidence-based university mental health**

Our focus is on Principle 4 of the Declaration “The University will facilitate the building of an evidence base through monitoring and evaluating the need for, and outcome and effectiveness of, all mental health and wellbeing policies, programs and services delivered by the University”.

Call for Submission

We are keen to learn from all U21 students and staff. Sharing is easy! There are two ways:

Option 1: Short Video Submission

If you have ideas that you would like to share with fellow students and staff from the U21 network, tell us in a short (<3 mins) video! There is no strict restriction on the format, as long as you cover in the video your views about:

Which mental health needs the university should focus on? Why?

How to monitor/evaluate those needs?

What is the most important outcome we should be measuring?

Option 2: Abstract Submission

If you are a researcher (research students and early-career researchers most welcomed!) in the area of university mental health, please share with us your work! In this round, we are particularly interested in research that can inform university practice in mental health monitoring and evaluation.

Have your video/abstract ready? Submit here: <https://forms.gle/NtURYT9i9Yffz2xa6>. If you cannot use Google Forms please [email us](#).

Submission deadline: 22 March 2024

Results notification: end of March/early April

We will invite representative entries for (a) inclusion in our online Resources Repository; (b) live sharing at the 26 April symposium; and (c) showing at the U21 Health Sciences Group 2024 Annual Meeting in Amsterdam, with your consent.