Let's talk about mental health

Good practices on prevention of emotional difficulties and suicide

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Content

• Why MindMates?
• Core mission of MindMates
• Interventions of MindMates: 3 domains
• Time for questions & reflection
Why MindMates?

1) University students as a specific and unique group

2) High rates of emotional and mental disorders + low help-seeking behaviour
   (first year students, research KU Leuven)
   ✓ depression & anxiety: 20%
   ✓ sleep disturbances: 25%
   ✓ suicidal thoughts: 10%
   ✓ suicide attempt: 1%

Why MindMates?

3) Treatment gap

new prevention approach: MindMates

°2014
Emotional health at KU Leuven

- 4% severe emotional problems
- 10% emotional problems in multiple areas
- 25% some emotional problems
- 61% no emotional problems

Core mission of MindMates

University-wide prevention program

- improving general well-being among all students by
  - reinforcing protective factors
    (e.g. connectedness, mental health literacy, problem solving behavior)
  - reducing risk factors
    (e.g. passive coping strategies, social isolation, mental problems)
- stimulating openness towards mental health
Interventions

3 domains

1) Workshops
2) Buddy programme
3) Events

Workshops

Upgrade your mind (for students)
Gatekeepers training (for “gatekeepers”)
Workshops / info sessions on demand
Intervision/supervision for gatekeepers
Workshops: Upgrade your mind

Training for students

- Becoming a MindBuddy, recruiting volunteers
- Themes: listening techniques & self-care
- Method: interactive, role play
- Four sessions, weekly 2h, led by a psychologist

Workshops: Gatekeeperstraining

Training for gatekeepers in suicide prevention

- What is a gatekeeper?
- Themes in training: awareness, recognizing signals, how to talk about emotional difficulties, referring
- Method: 6h, led by a psychologist, interactive, own cases
Buddy programme

- Becoming a buddy
- Matching
- Follow up: individually & group intervision
- Today: 40 buddies

Events

Campaign & Activity Team

- Increasing social cohesion and connectedness
- Increasing or reinforcing resilience
- Promotion MindMates
- Events (cooking workshops, yoga, movies, …)
- Today: 10 volunteers
Emotional health at KU Leuven

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- 4% severe emotional problems

Questions, reflections?
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