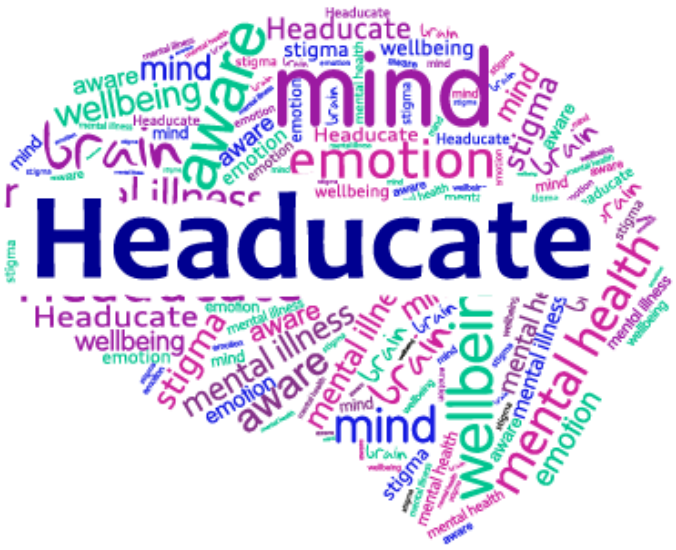
An Introduction to: Headucate UK

Charlotte Smith,
Headucate UK Trustee

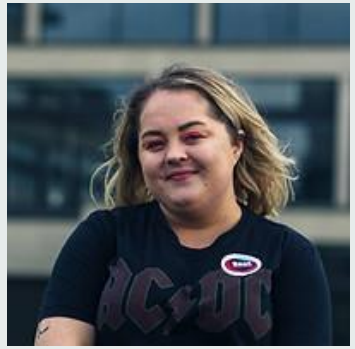


@HeaducateUK @HeaducateUK @HeaducateUK

Meet the Team!

Jake Goddard
Vice Chair

Tory Selwyn
Chair



Becci Howard
Secretary

Siri Beck-Friis
Trustee

Charlotte Smith
Trustee

Mikaela D'Arcy-Smith
Trustee

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How it started…

- Headucate: University of East Anglia (UEA) founded in 2012
- Headucate: UCL and Headucate: University of Birmingham are founded
- Charlotte joins Headucate UEA in 2019 (second year of uni)
  - COVID (yay) – virtual workshops
- Headucate: University of Cambridge and Headucate: University of Nottingham are founded
  - 2021 – began Masters at Nottingham
- Headucate UK becomes an officially registered charity in December 2022
- Charlotte (no longer a student) becomes a trustee!

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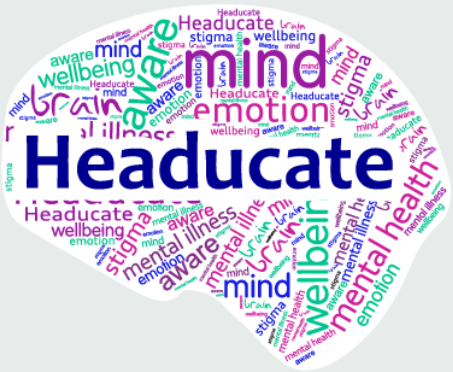
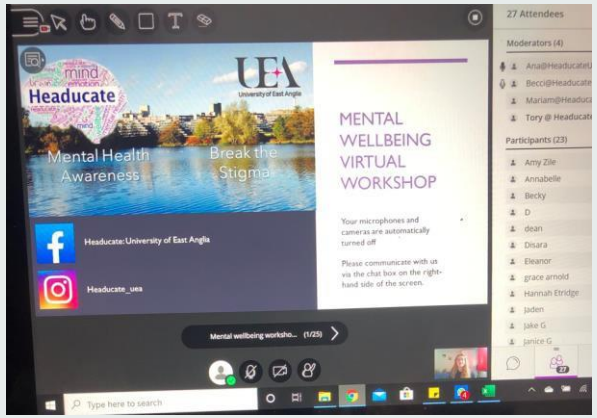
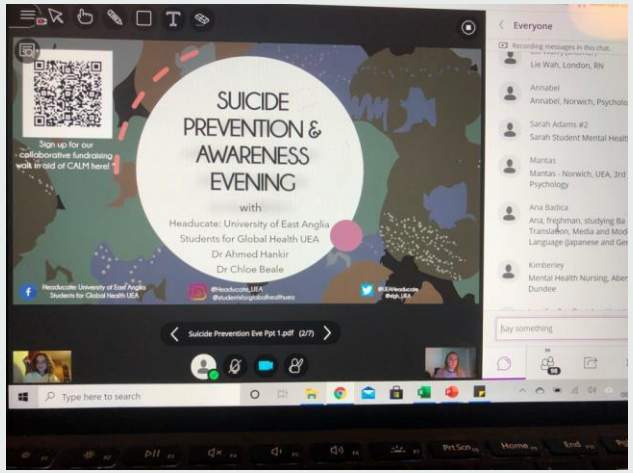

Headucate
mind
emotion
wellbeing
aware
brain
stigma
mental health
mental illness
wellbeir


UEA
Headucate
Mental Health Awareness
Break the Stigma
MENTAL WELLBEING VIRTUAL WORKSHOP
Headucate: University of East Anglia
Headucate_uea
27 Attendees

To Tony & the Heducate team,
Good luck for your livestream!
Hope you have a fab time.
Best wishes,
Rachel
SAMARITANS
samaritans.org

Headucate
mind
UNIVERSITY OF CAMBRIDGE
MENTAL HEALTH AWARENESS
BREAK THE STIGMA


SUICIDE PREVENTION & AWARENESS EVENING
with
Headucate: University of East Anglia
Students for Global Health UEA
Dr Ahmed Hankir
Dr Chloe Beale
Everyone

Welcome to FAITH TO FAITH:
Religion & Mental health

A COLLABORATION BETWEEN HEEADUCATE & TEDDY BEAR HOSPITAL
HANDWASHING TECHNIQUE
THOUGHTS, FEELINGS & EMOTIONS
INTERACTIVE GAMES
HEALTHY LIVIING
For Primary School classes
BOOK A SESSION ESPECIALLY FOR YOUR CLASS THROUGH OUR WEBINAR FORM
WELLBEING & MEDICAL ANXIETY
Presented live by University of East Anglia students including medical & healthcare students
EMAIL TEDDY BEAR HOSPITAL AT:
teddybearhospital.uea@gmail.com
EMAIL HEADUCATE UEA AT:
headucateUEA@hotmail.com

Headucate UK have some exciting news...
!! We're officially a Registered Charity !!
CHARITY COMMISSION FOR ENGLAND AND WALES
About the register of charities
HEADUCATE
Charity number: 1197217
Registered Charity Number: 1197217
@HeaducateUK
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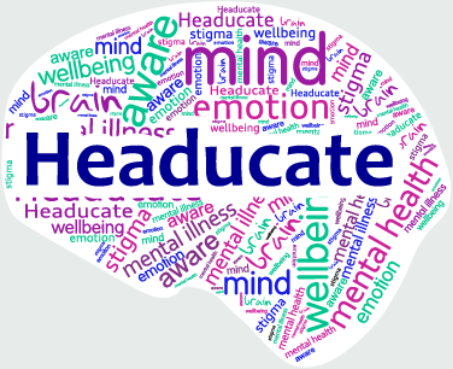
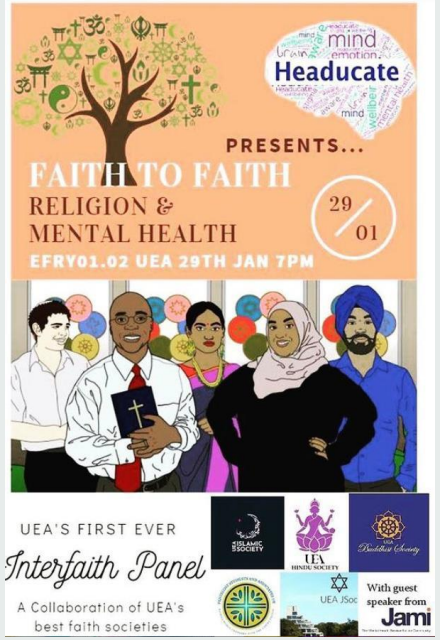
Headucate
In support of
Beat
Eating disorders

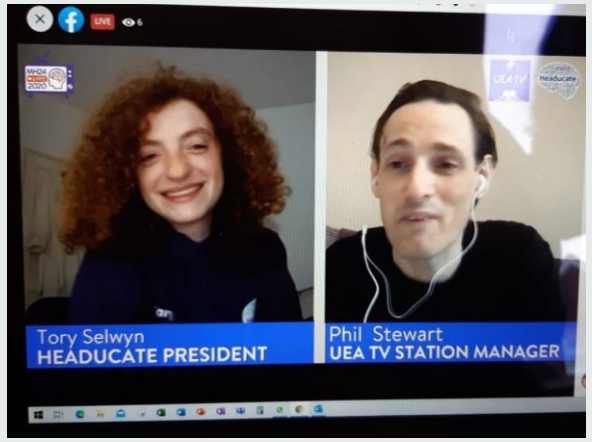
Headucate

Thank you!
UEA Headucate Society
For holding your Night of Wonders and raising a fantastic
£1029.56

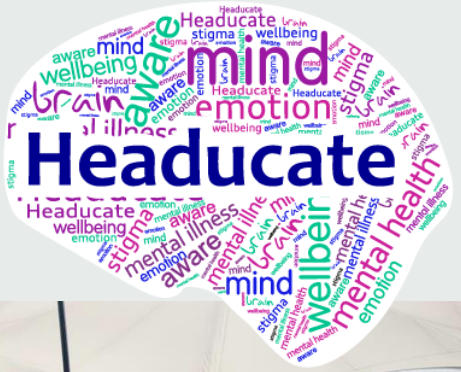
Headucate
mind
University of Nottingham
UK | CHINA | MALAYSIA
Mental Health Awareness
Break the Stigma







NHS
Norfolk and Suffolk
NHS Foundation Trust
Working together for better mental health


Headucate
mind
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emotion
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wellbeing
stigma
mental illness
mental health
Wellbeing

UEA

YOU
ME ! US
WE
HAPPY
PRIDE
Month
HEADUCATE
and

WELCOME!
Monday...

student transformation awards & recognitions
Twitch Presents
Twitch Presents
Twitch Presents
Twitch Presents
Twitch Presents
Headucate

TACKLING STIGMA AND RAISING MENTAL HEALTH AWARENESS IN SCHOOLS
Headucate

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Impact of Headucate UEA's COVID-19 Mental Health Webinars on Secondary School Students

Ieileen Abigaelle Bartolome, Nicholas Henderson, Rebecca Howard, Victoria Selwyn
Norwich Medical School, University of East Anglia

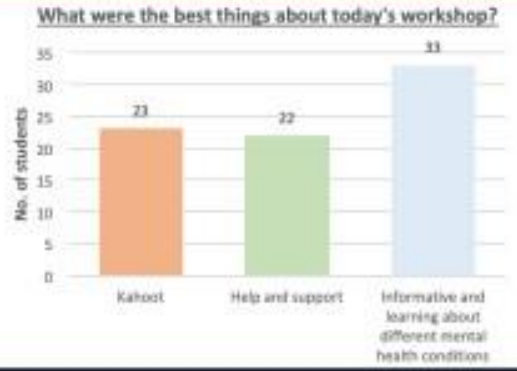
Aim of this poster: To understand the impact of Headucate's Mental Health workshops on secondary school students during the COVID-19 pandemic through analysis of feedback completed after each session

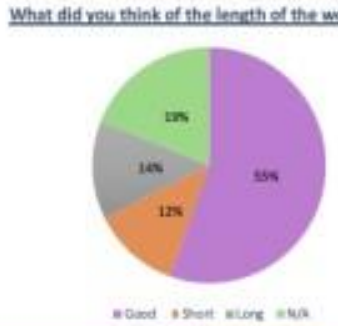
Background: Headucate is a student-led society, founded in 2012 by medical students at University of East Anglia. Our organisation delivers workshops to secondary school students to raise awareness around mental health across East Anglia [1][2]. When the COVID-19 pandemic hit, these workshops were halted. Headucate members recognised the importance of mental wellbeing especially in these times and so designed COVID-19 specific online, interactive workshops, which were delivered through the Blackboard collaborate platform. During the first lockdown, we managed to reach over 300 students nationwide.

The main aims of the workshop were:

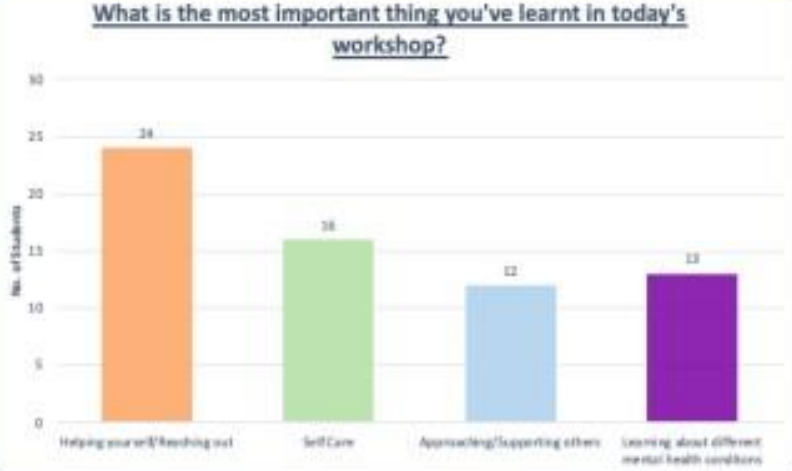
- What mental health is and different mental health conditions including anxiety, depression, eating disorders, loneliness
- Problems that we might experience during lockdown and self-care tips
- How to approach someone with a mental health condition
- Where to go for support (either for yourself or for others) and how to reach out including GP, charities, helplines, friends, family

To fully appreciate the effectiveness of supporting teenagers with their mental health, we collated feedback from students.





"There is always at least one person who is willing and there to help, no matter what."-Anonymous school student



Conclusion: Overall, there was a positive impact on the students who participated in the webinars. Students benefited from the information about mental health given and the opportunity to interact with the speakers. Most students left the webinar knowing where to seek help for themselves or others. To improve for future online workshops Headucate can focus on technical issues that the participants faced.

Methods:

At the end of each workshop, feedback forms were sent out to the students. Consent was gained from participants before completion of the survey and informed of the following:

- Data would be used to evaluate our webinars, for our research purposes ONLY.
- Participants were able to withdraw their data anytime within 3 weeks of feedback submission, an email address was provided to contact UEA to do so.
- We do not sell or share participants' data with companies or external businesses
- Participants' data is to be used anonymously, and they will not be able to be identified from their answers.
- Data will only be used in ways that the UK Data Protection Law allows.
- Contact details to make a complaint about the survey or the research.

No harm to participants within our evaluation was noted, nor any issues with confidentiality. Approval was obtained by the Faculty of Health and Medical Sciences Research Ethics Committee.

Feedback was collated into a spreadsheet showing all the participants answers for each question from the feedback form. 9 questions were asked in total, including 1 closed question and 8 open questions. Headucate members viewed the anonymised data and analysed each question for common themes in participants' answers.

Results:

73 out of 74 students (98.6%) said that they enjoyed the workshop.

42.3% of students said the best thing about the workshop was the fact it was informative and aided their understanding of different mental health conditions. 29.4% said they enjoyed the Kahoot! myth busting quiz the most. 28.2% said the best part of the event was learning about where to reach out for help and support.

32.4% said the most important thing they learned was about helping yourself and the importance of reaching out.

21.6% of students said the most important thing they learned about was selfcare, while 17.6% said for them, learning about the different mental health conditions was most important.

Out of 74 students, 62 (83.8%) knew where to get help if they/someone they knew was experiencing mental health problems.

55.4% said the webinar was a good length while 12% said it was too short, and 19% said too long.

Most students, 68.9%, said that they found the content appropriate

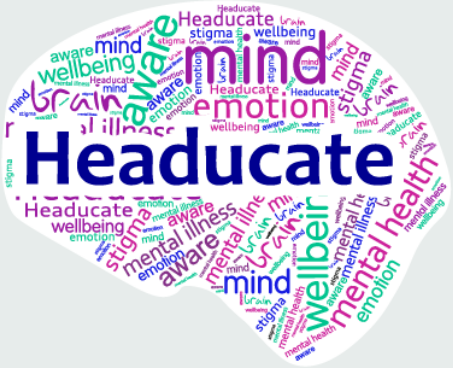
Majority (85.1%) said the speakers were engaging and clear

When asked if there were any issues, 33.8% said that there were technical issues, whilst 37.8% reported no problems.

"You are not alone, there is always someone there to help you."-Anonymous school student"
Other people feel the same as me."-Anonymous school student

References:
[1] Patel, A. & Reinhold, J. 2016. The Development of Headucate in Mental Health awareness. *Abstracts of the 24th European Congress of Psychiatry*. 31(S1 p5521
[2] Parker, S., Robertson, C., Allen, N. et al. 2013. 2767 – Creating an educational intervention to raise mental health awareness and tackle stigma in adolescents in the UK: 'Headucate'. *European Psychiatry*, 28(S1), p.1.

Awards



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Affiliates

Headucate Branches

- Birmingham City University Mental Health Society
- Essex Wellbeing Ambassadors
- HeadsUp Loughborough
- Headucate: University of Birmingham
- Headucate: University of Cambridge
- Headucate: University College London (UCL)
- Headucate: University of East Anglia (UEA)
- Headucate: University of Nottingham
- Kings College London ThinkMental
- KCL Neurodiversity and Mental Health society
- Liverpool John Moores University Mental Health
- Royal Holloway Mentality
- Student Loop (previously UniLabs)

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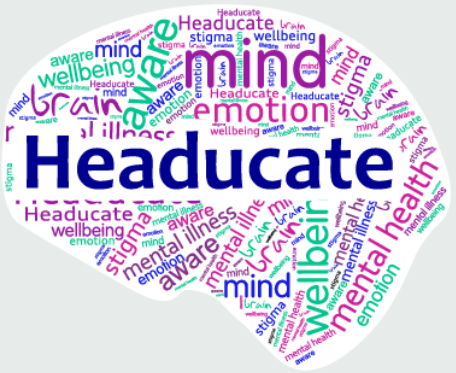

How it's going…

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What's next…

- Continue to support creation and growth of student-led MH groups
- Fundraising, identifying appropriate grants
- Distribute funds to affiliates to support outreach work
- Design merchandise, develop website
- More in-person and online events; continue campaign work
- Collaborate more widely

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Fundraising

- Mental Health first aid training
- Society costs – travel expenses, training events
- Hosting events
- Merchandise
- Resources for workshops in schools
- Development of SEN resources

How to donate

- Express your interest in getting involved with us and donating by using our contact form on our website!

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How can you get involved?

- Spread the word
  - To teachers, school children & university students
- Follow Headucate UK your updates (we're on FB, Instagram, Twitter & LinkedIn)
- Send us an email: headucate@hotmail.com
- Register interest in receiving our Headucate UK supporters newsletter

Visit our website!

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