



Focusing on Mental Health, Wellbeing, and Equity

Understanding how wellbeing and equity shape the learner experience

Click on any **icon or image** to access resource



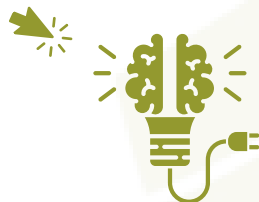
Watch: A short video talking about The Student Wellbeing Study from Bristol University. The study considers what factors are related to wellbeing in higher education and how universities can maximise outcomes for all their students by better understanding of their wellbeing journeys.



Read: Enhancing Student Wellbeing: The Impact of Mindfulness Exercises on Subject-Based Anxiety in Further Education by Mel Stuart and James Short, Dundee and Angus College.



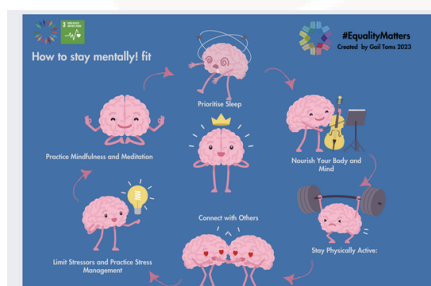
Listen: The All Things Mental Health Podcast focusing on young minds and students, bridging the gap between research and lived experience, creating space for new dialogue to emerge. 'Redistribution': looking at power, knowledge and resource.



Learn: Education Scotland's Inclusion, Wellbeing, and Equalities framework is a useful resource to support anyone working with young people in an educational context.



Practice: Join the CDN Student Wellbeing Community of Practice. Click icon for registration details.



Free Infographic



THE GLOBAL GOALS



INNER DEVELOPMENT GOALS
Transformational Skills for Sustainable Development



1.1.4 Commits to equality and diversity, and promotes inclusiveness, trust and fairness. Commits to the safety and well-being of all students