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European  
University for  
Well-Being



SEMMELWEIS  
UNIVERSITY 1769

**14 - 15 October, 2022 - Budapest, Hungary**

BASIC MEDICAL SCIENCE CENTER, SEMMELWEIS UNIVERSITY

## Mental Health Symposium

Exploring and Enhancing Mental Health Initiatives and Resources

Registration



**The mental health of young adults in the 21st century is of international concern, and universities have a key role and responsibility in both prevention and support. Students of the European University of Well-Being's (EUniWell) partner universities have joined forces in order to increase mental health awareness and to develop a common proposal aimed at improving student mental health.**

The Semmelweis University-led initiative was among the winning projects in the EUniWell Seed Funding Call in 2021 and has been realised by the cooperation of students at the Universities of Birmingham, Florence, Cologne, Leiden, Linnaeus, Nantes and Semmelweis.

A mental health study was carried out across the universities, followed by the Mental Health Symposium which will enable the exchange of ideas and the creation of a common proposal based on the findings of the study. After the Symposium, the best proposal will be presented to the Vice-Rectors of EUniWell universities, serving as useful input for future developments. The collaborative work of students will continue after the event by building up an online platform to exchange ideas and report progress.

## The Mental Health Symposium

- Highlights mental health challenges of young adults from university students' point of view
- Presents the results of the mental health survey carried out across seven partner universities in frame of the project
- Offers an insight into other mental health-related projects within EUniWell
- Provides a unique opportunity to review existing university mental health resources
- Promotes discussion between students and professionals and the exchange of best practices
- Results in a student proposal on the development of mental health support services at EUniWell partner universities

**The on-site program is closed and is available for EUniWell delegates only.**

The plenary sessions on **14 October** will be organized in a hybrid form and are open (online) for all registered participants. **15 October** is dedicated to closed on-site student workshops attended by selected EUniWell student delegates.

**The language** of the Symposium is English.

**Address:** Semmelweis University, Basic Medical Science Center, 1094 Budapest, Tűzoltó utca 37-47. Budapest, Hungary



[www.euniwell.eu](http://www.euniwell.eu)