

STUDENT SPACE

Digital communications pack: Preparing for university

Student Space

**student
minds**

Student Space is led by Student Minds, the UK's student mental health charity.

Contents:

- [Preparing for the 2023/24 academic year](#)
- Overview of [Student Space support package](#)
- [Resources for students preparing for university](#)
- [Sharing support for Students](#)
 - [Core copy](#)
 - [Social media](#)
 - [Newsletters and email](#)
 - [Assets \(download now\)](#)
- [Contact details](#)

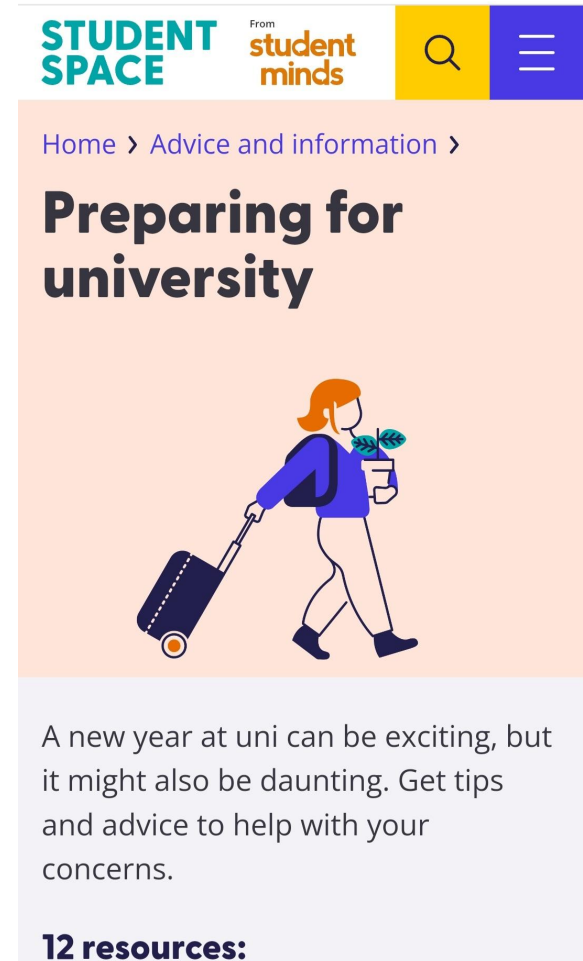
Preparing for the 2023/24

Student concerns for 2023/24

The 2023/24 academic year marks an exciting, yet challenging time for those starting or returning to university.

Students have shared some of their concerns around the uncertainties of university life:

- The higher cost of living and having to work part-time whilst studying
- Transitioning to a new academic level with new methods of teaching, learning and assessment
- Making friends and establishing good social connections at uni
- Having access to support whilst at university
- Employment prospects both whilst at university and post-graduation
- Staying motivated and managing their time and wellbeing



The screenshot shows the Student Space website interface. At the top, there is a navigation bar with the 'STUDENT SPACE' logo, a search icon, and a menu icon. Below the navigation bar, there is a breadcrumb trail: 'Home > Advice and information >'. The main heading is 'Preparing for university'. Below the heading is an illustration of a student with a backpack and a suitcase, holding a plant. The text below the illustration reads: 'A new year at uni can be exciting, but it might also be daunting. Get tips and advice to help with your concerns.' At the bottom, it says '12 resources:'.

What is Student Space?

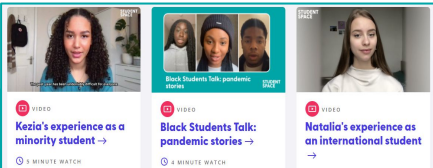
Student Space provides a platform of help for students with resources to support them through university life. It has a dedicated hub specifically for ensuring higher education students are supported whilst starting or returning to university.

The platform works to support students as they prepare for the 2023/24 academic year through:

Information, tools and student stories

Expert [information and advice](#) written by students and clinicians.

[Stories](#) about how students have responded to their individual challenges throughout their studies.



University support directory


A directory for students to find the mental health support available at their university.

Search by university

Support service signposting

Signposting to dedicated support for whatever challenge a student is facing including:

- Text support
- Phone support
- Email support
- Webchat support



Resources for students preparing for university

Support for your higher education students

Student Space: Preparing for university

- [Managing uncertainty at university](#)
- [Am I going to be good enough for the next academic level?](#)
- [Taking a structured approach to making friends](#)
- [Managing expectations of university](#)
- [8 Tips for overcoming social anxiety](#)
- Student story: [Tips on making friends](#)
- [Building a network at university](#)
- Student Story: [Navigating university as a minority student](#)
- [Maintaining old networks](#)
- [Managing worries about money](#)
- [Looking after a mental health difficulty at university](#)
- Student story: [Moving away from home and managing mental health](#)

Student Space also has a [directory](#) for your students to find support at their university.

Student Space support for:

- [Mental health and wellbeing](#)
- [Life as a disabled student](#)
- [Studying during university](#)
- [Friendships and social life](#)
- [Support with money and finances](#)

Additional resources

Student stories on the Student Minds blog

- [My reflections on starting university](#), Grace Anderson
- [Friendships, University and Vulnerability](#), Alex
- [Starting university](#), Luke and Natalie
- [Starting uni with pre-existing mental health conditions](#), Kayleigh Brinkman
- [Studying with mental health difficulties whilst being a parent](#), Jenna Araniello
- [Accessing free NHS prescription](#), Carys
- [Freshers week; how does everybody have friends already?](#), Anon
- [#FresherPressure: Tips for navigating university life](#), Caiyun
- [Why it's OK not to go clubbing at university](#), Ruby Ellis

- Dedicated section for [first year student stories](#)

See also: Student Minds [‘Know Before You Go’](#) guide

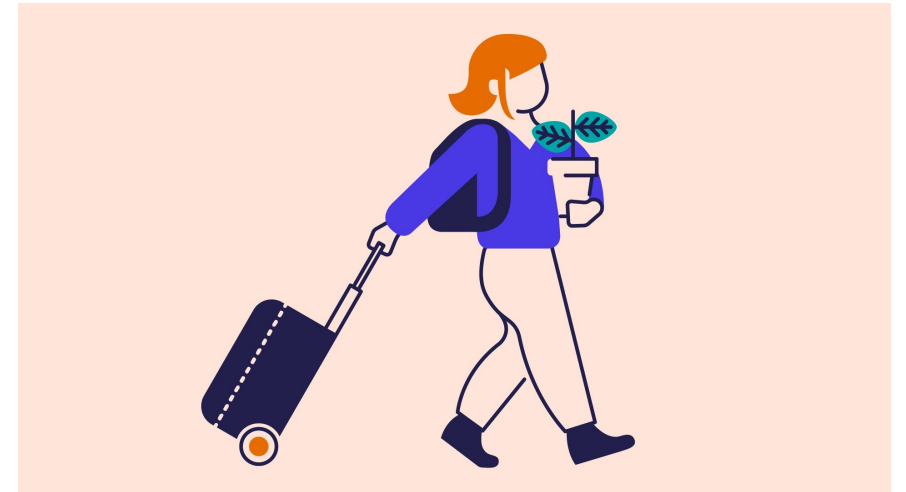
Sharing support for students

How can you share Student Space?

When students first start or return to university at the beginning of the academic year, they are often unaware of the support available to them. It's important that we work together to ensure students are aware of the help and options available to them.

Top ways to share Student Space:

- 1) Post and signpost on social media
- 2) Send an email/newsletter/text sharing support for students
- 3) Signpost to [Student Space](#) support on your website



If you share one message in support of Student Space, please share this:

For expert information and support as you prepare for university, Student Space, run by @StudentMindsOrg, provides dedicated tips, resources, and student stories to help you prepare for student life: <http://ow.ly/DSDF50FZfQz>

Messages to share across internal and external comms

Short

For expert wellbeing advice [Student Space](#), run by [Student Minds](#), is here to help. They provide dedicated tools and resources, as well as student stories to support you as you [prepare for university](#).

Medium

Student Space, run by Student Minds, is here to help you as you [prepare for university](#) with expert support and wellbeing advice. Whether you're stressed about your studies, personal life, or if you have concerns about what university life will look like, you don't have to struggle on your own. Explore their dedicated resources, tips, tools and student stories to find the help you need.

Long

Student Space, run by Student Minds, is here to help you as you prepare for university with expert support and wellbeing advice. They provide dedicated resources, along with tips, tools and student stories on a range of topics, including:

- [Preparing for university](#)
- [Mental health and wellbeing](#)
- [Studying during university](#)
- [Friendships and social life](#)
- [Support with money and finances](#)
- [Life as a disabled student](#)
- [Finding support at your university](#)

Share on social media

Preparing for university

Whatever is causing you concern, @StudentMindsOrg is here to listen. Whether it's your mental health, concerns about studying, or worries about making friends, Student Space can support you as you prepare for university:

<http://ow.ly/DSDF50FzfQz>

For expert support and wellbeing advice Student Space, run by @StudentMindsOrg, is here to help. They provide dedicated resources, tips, tools and student stories to help you as you begin your next academic level:

<http://ow.ly/DSDF50FzfQz>

If you have concerns about your next academic level, take it one step at a time, Student Space is here for you. Explore @StudentMindsOrg tips and advice to help with studying during university: <http://ow.ly/4YbS50FWmTv>

Are you preparing for university? Concerned about what uni will be like? You're not alone. @StudentMindsOrg share their tips for being a student now: <http://ow.ly/FyGg30rPsPq>

Are you anxious about making friends at uni? Or about staying connected with your friends at home? Student Space is here for you: <http://ow.ly/lBrm50FWmY0>

Academic uncertainty can be challenging, especially after the uncertainty of the past few years. Whatever you're feeling, focus on how far you've come: <http://ow.ly/FU0B30rPsQ1>.

General Signposting

Student Space, run by @StudentMindsOrg, is here to help students through university life during the academic year and beyond: studentspace.org.uk

Worried about student life during your next academic level? Student Space run by @StudentMindsOrg, is here to help you through the year: studentspace.org.uk

Student Minds Social Media

Instagram: [@StudentMindsOrg](https://www.instagram.com/StudentMindsOrg) **Twitter:** [@StudentMindsOrg](https://twitter.com/StudentMindsOrg) **Facebook:** [Student Minds](https://www.facebook.com/StudentMinds)

LinkedIn: [Student Minds](https://www.linkedin.com/company/StudentMinds) **TikTok:** [@studentmindsorg](https://www.tiktok.com/@studentmindsorg)

Share by email

Newsletter

Student Space, run by Student Minds, is here to support students to navigate the uncertainty of university life.

The platform works to support students in three ways:

1. [Information, tools](#) and [student stories](#) on navigating student life
2. Help students find what [support is available at their university](#)
3. Signposting to dedicated [support services](#)

Whether you're stressed about your studies, personal life, or if you have concerns about what university life will look like, you don't have to struggle on your own.

Explore their dedicated support services, tips, tools and student stories to find the help you need. Student Space now has a dedicated area for support as you [prepare for university](#)

Email

'Hello [X],

Have you heard of [Student Space](#)?

It is a website run by Student Minds, the UK's student mental health charity.

They provide tailored resources for higher education students who are [preparing for university](#) including [information, tools](#) and [student stories](#) to help them navigate starting university.

Student Space also has a [university support directory](#) so students can find out more about the services their university offers.

Best wishes,
[X]'

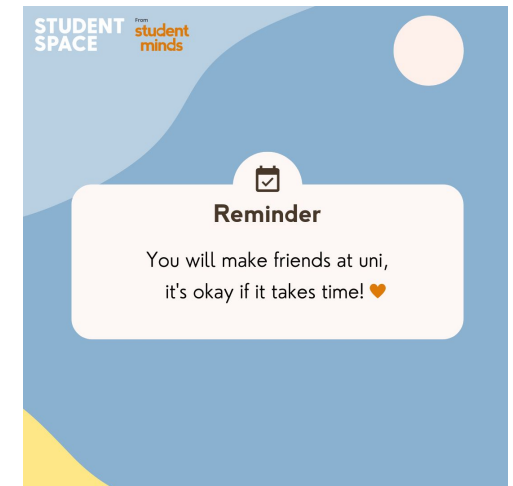
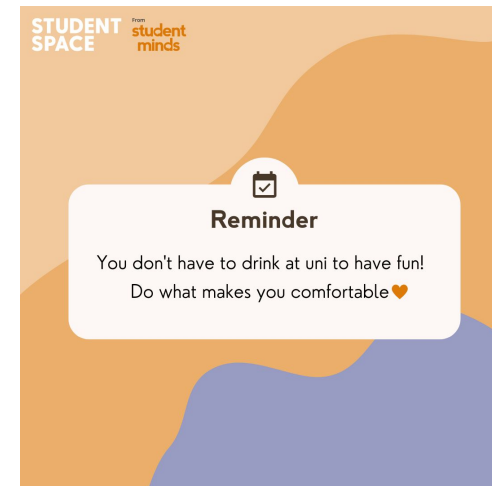
Assets

We have a range of assets, including images translated into Welsh, for you to use such as:

- Social media images
- Website banners
- Posters
- Videos

Our [drive folder](#) now includes a dedicated area of new assets to support students as they [prepare for university](#).

If there is an asset you'd like to see included let us know.



Thank you for your support!

Together we can ensure students get the help that they need as the new academic year starts.

If you have any questions or would like support with sharing student space, get in touch with our Communications Lead:

Grace Anderson
(comms@studentminds.org.uk)

If you have general questions about the Student Space programme please contact:

studentspace@studentminds.org.uk