



# MentalHigh Newsletter volume 3

## MentalHigh f2f meeting in Phnom Penh, Cambodia



*MentalHigh Consortium at the Phnom Penh f2f partner meeting*

The face-to-face partner meeting of the MentalHigh project took place on January 8<sup>th</sup> to January 10<sup>th</sup>, 2025, at the National Incubation Center of Cambodia, located on Russian Federation Blvd in Phnom Penh.

The meeting commenced with an official welcome by Kean Tak, Vice Rector of the RUPP. MentalHigh project coordinator Gunter Groen expressed his appreciation for the warm reception provided by the RUPP team. In his opening statement, he highlighted the significant progress the consortium has made since the previous face-to-face meeting in Valencia, Spain, in May 2024.

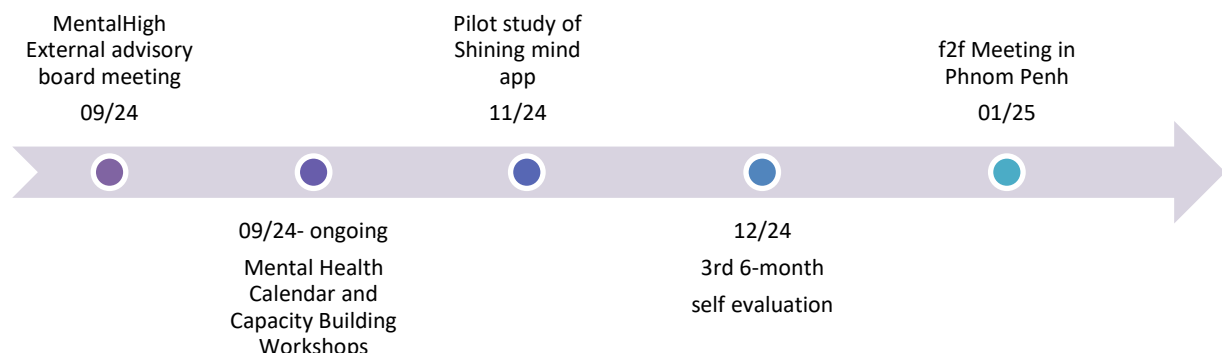
Over the course of three days, the discussions were focused on key areas of the project. Participants reviewed the progress of the digital interventions, including the Shining Mind app and MoodCare, and explored ideas for upcoming mental health

calendar events and capacity-building workshops. Detailed plans for the implementation and evaluation phases were also discussed, setting the course for the latter half of the project.

Following the meeting, the RUPP team guided the partners on cultural visits to the Tuol Sleng Genocide Museum, Sosoro Museum, and the Royal Palace of Cambodia. These visits provided an opportunity to deepen their understanding of Cambodian history and culture, enriching the overall experience of the meeting.

The f2f Phnom Penh meeting provided an opportunity to reaffirm the mission of the MentalHigh project: improving the mental health and well-being of Vietnamese and Cambodian students. Partners left with a renewed commitment to this shared goal and a promise to continue their collaboration in the future.

### MentalHigh timeline over the last 6 months





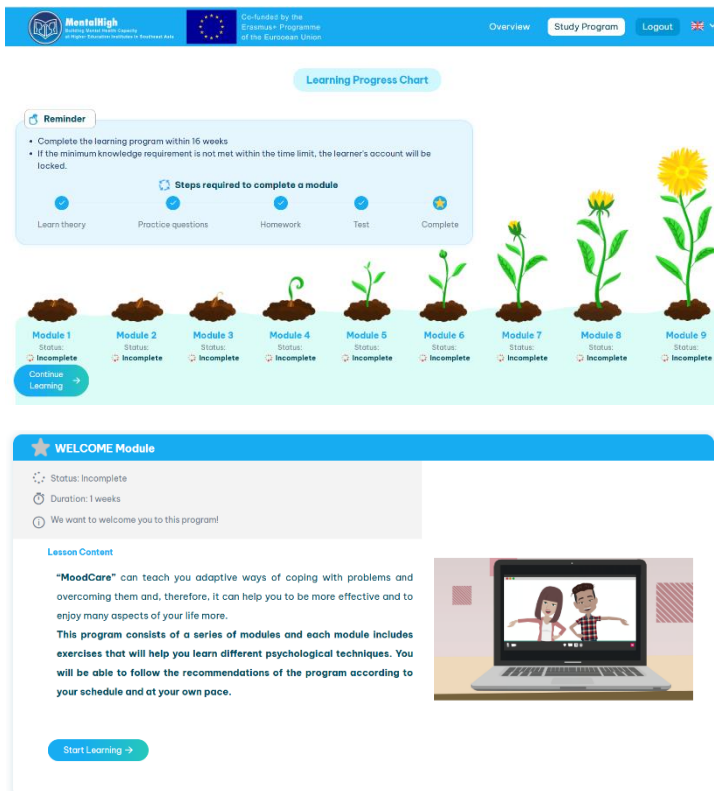
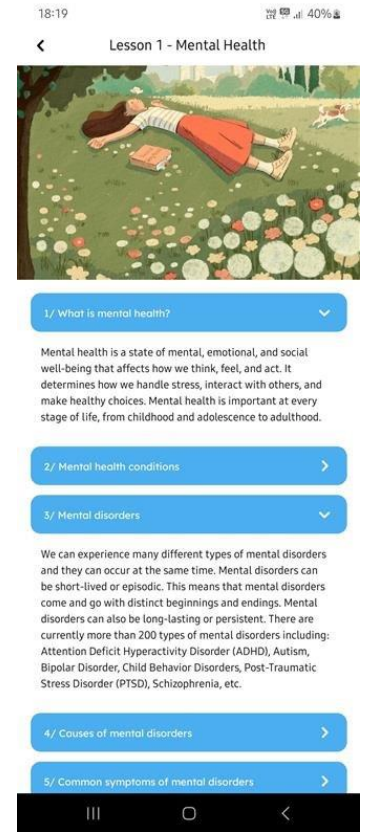
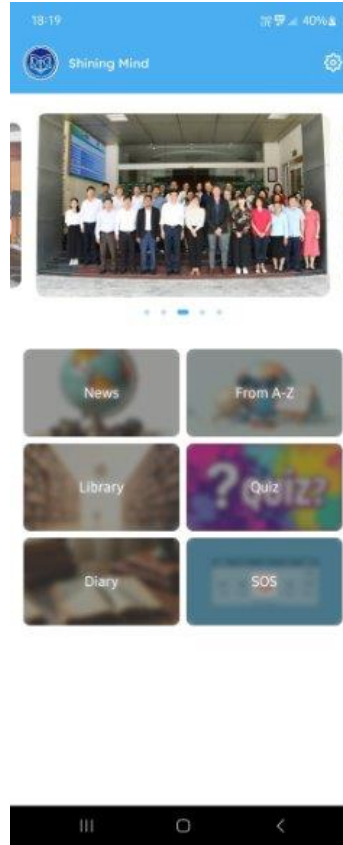
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## Shining Mind App is ready for launch

The Shining Mind app, one of the two main digital interventions of MentalHigh, upscaled and upgraded by VUTED is finally ready for launch. Inspired by the software concepts of VNU-Ued, this app is designed to increase the mental health literacy of HEI's students across Vietnam and Cambodia.

Technologically upscaled by VUTED in just two months with support from HAW, VNU, RUPP, and other partner institutions, the app has already undergone a successful pilot study with 64 students from five Vietnamese universities and two Cambodian universities from MentalHigh consortium in November 2024. The feedback has been overwhelmingly positive, confirming its great potential in providing our students with knowledge and information about mental health.

The app is now available for download on both iOS and Android through the App Store and Google Play. It also supports English, Vietnamese, and Khmer, ensuring broad accessibility for students across the region.



## Pilot study for Moodcare is complete

The pilot study for MoodCare, another MentalHigh's proud digital intervention, was completed in January 2025 in both Cambodia and Vietnam.

MoodCare is a culturally adapted, self-guided online course that offers a series of modules designed to teach effective psychological techniques (<https://moodcare.edu.vn/>). Each module includes exercises that allow users to follow recommendations at their own pace and on their schedule, ensuring accessibility and flexibility. Just like Shining Mind app, MoodCare is also available in Khmer, Vietnamese and English.

Both Shining Mind and MoodCare will soon be available on the MentalHigh digital platform (<https://mentalhigh.net/>) in early 2025. These tools aim to revolutionize mental health care by providing innovative and accessible solutions. Stay tuned for the official launch of Shining mind app and MoodCare!



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## MentalHigh's first annual External Advisory Board (EAB) online meeting

MentalHigh's first annual External Advisory Board (EAB) online meeting was held on September 10, 2024, at 3 PM in Vietnam and Cambodia, 11 AM in Finland, and 10 AM in Germany and Spain, via Zoom. Nguyen Vien Thong from HCMUSSH kindly provided English-Vietnamese translation for the session.

Project Coordinator Gunter Groen opened the meeting by introducing the MentalHigh project and the members of the External Advisory Board. He also outlined the project's four main interventions and a chronological overview of the project's achievements over the past year.

To improve engagement and collaboration with stakeholders, EAB members emphasized the importance of forming a local steering group. They also highlighted the value of involving local NGOs with relevant experience and suggested organizing a conference with key faculty members to engage the entire department.

When asked about the most urgent mental health issues to address, EAB members recommended integrating disaster mental health care into digital interventions, particularly for students affected by the recent floods and storms in northern Vietnam. Other key issues identified included loneliness, depression, the influence of social media, and the low confidence often experienced by ethnic minority students.

We have gained useful guidance and external perspectives from the EAB members, which will be valuable for the successful launch of MentalHigh interventions.

## Mental Health Calendar events of MentalHigh: HCMUSSH, RUPP and VNU

EVENTS	TYPE
"Mental Health Issues of LGBTQ2+ Youth"	Talkshow
"HEARTS UNITED – HEARTS CONNECTED"	Workshop And Teambuilding
"Multifaceted Perspectives"	Debate Competition
"Effective Communication Skills"	Workshop
"Together growing up: Connection between parents and children in current social context"	Podcast Series
Racing Online "MentalHigh for a better life"	Racing
Movie day "Love in your eyes"	Movie Day
"Back to the nature" trip	Field Trip
"Mindfulness and Self-Discovery"	Workshop
Talk show "Herstories"	Talkshow

*MHC event examples of HCMUSSH*

	<b>RUPP</b>	Father. Kevin Conroy
	<b>NIE</b>	Dr. Soeng Sopha
	<b>VNU Ued</b>	Nguyễn Quý Thanh
	<b>HCM USSH</b>	Nguyen Thi Thuy Dung
	<b>TUAF</b>	Duong Van Thao
	<b>TUEBA</b>	Nguyễn Thị Thu Thương
	<b>VUTED</b>	Thai Anh Tuan
	<b>HAW Hamburg</b>	Prof. Dr. rer. nat. Wolf Polenz
	<b>TUAS</b>	Camilla Laaksonen

*EAB members of MentalHigh*

Mental Health Calendar (MHC) events, MentalHigh's mental health promotion activity events, are part of our initiative to generate visibility of mental health and increase the understanding of mental health issues. We aim to increase the number of mental health promotion activities at each HEIs to a minimum of four activities per year. HEIs are encouraged to involve external stakeholders, such as community mental health services, to strengthen connections with the broader community.

Since September 2024, MentalHigh's partner universities in Vietnam and Cambodia have been hosting MHC events, creatively designing their own themes and agendas to suit their cultural contexts.



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*RUPP's MHC event on the World Mental Health Day*

On September 29, 2024, Vietnam National University, University of Education hosted the successful Marathon Festival: Better Physical Health for Better Mental Health, as Mental Health Calendar event. Nearly 300 students and staff participated in the event, which featured two races: a 5km and a 10km run.

The event offered prizes for the top three finishers in both races, with three prizes for the 5km race and three for the 10km race. Beyond the physical challenge, this MHC event served as a platform to raise awareness about the importance of mental health, particularly in HEI settings.

Participants not only improved their physical health but also engaged in meaningful conversations about mental well-being, highlighting the strong connection between physical activity and mental wellness. This MHC event successfully brought the university community together, promoting a healthier and more supportive environment for all.

RUPP's World Mental Health Day (WMHD) event on October 11, 2024, in Cambodia focused on raising mental health awareness, especially for youth. It featured expert talks, and other activities such as mini-counseling sessions, psycho-education, poster presentations, yoga, mindfulness exercises, art therapy, and life skills workshops. Students and the public were welcome to participate throughout the day.

The topics for expert talks included university students' mental health promotion, mental health illness treatment by medication, understanding mental health well-being, mental health promotion among young people, traumatization treatment by modern technology, mental health promotion in micro, meso and macro levels and taking care mental health via Buddhism theories.



*VNU's MHC event: Better Physical Health for Better Mental Health*



*HCMUSSH's MHC event: "Reunion of Edupsychoology Hearts"*

The article 'Mental Health Calendar events of NIE, VUTED, TUAF and TUEBA' will be covered in the next volume of MentalHigh newsletter. More detailed information of these Mental Health Calendar Events are posted on the MentalHigh's official website 'Mental Health Calendar' <https://mentalhigh.net/category/mental-health-calendar/>



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### Project Partners

- Hamburg University of Applied Sciences (Project coordinator)
- VNU University of Education, Vietnam
- Turku University of Applied Sciences, Finland
- Universitat Jaume I, Spain
- VNUHCM University of Social Sciences and Humanities, Vietnam
- Thai Nguyen University of Agriculture and Forestry, Vietnam
- Thai Nguyen University of Economics and Business Administration, Vietnam
- Vinh University of Technology Education, Vietnam
- Royal University of Phnom Penh, Cambodia
- National Institute of Education, Cambodia



### Contact Details

For further information or media inquiries, please contact: <https://mentalhigh.net/>

Facebook fanpage <https://www.facebook.com/profile.php?id=61567697618367&mibextid=LQQJ4d>