

MentalHigh

Newsletter volume 1

Project MentalHigh - Building mental health capacity at higher education institutes (HEIs) in Southeast Asia - is a 3-year project co-funded by the Erasmus+ Programme of the European Union (Erasmus+ International Capacity Building Project 101082744) from May 2023 to April 2026. (Project Coordinator: HAW Hamburg, Prof. Dr. Gunter Groen)

The purpose of our MentalHigh project is to build capacity for mental health in (and through) HEIs in Vietnam and Cambodia with the long-term goal to transform the universities into health-promoting settings that enable students and all staff to thrive and succeed to their best potential.

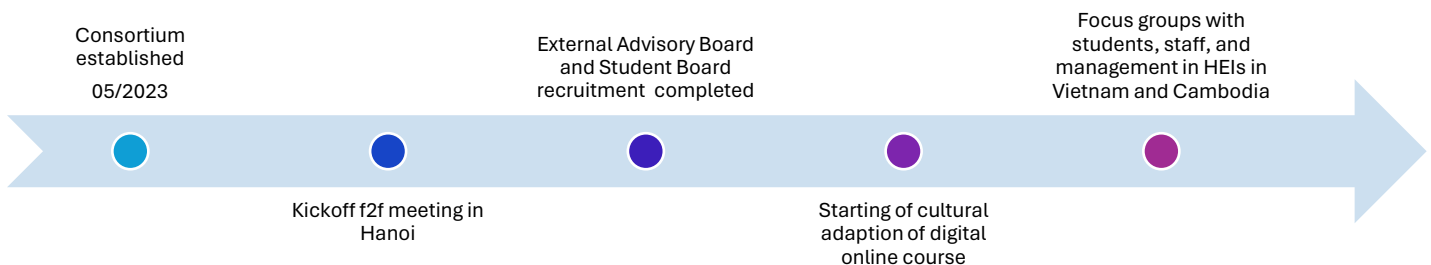
The MentalHigh project applies a settings-based approach by addressing decision makers, academic staff, support services, and students through various interlocking mental health promotion and prevention interventions.

The main output of the Mental High project is a digital mental health platform, which provides students with easy access to mental health resources, ehealth, and a pathway to traditional on- and off-campus mental health support.



MentalHigh
Building Mental Health Capacity
at Higher Education Institutes in Southeast Asia

Highlights over the first six months of MentalHigh





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2023 September 19th at the VNU University of Education campus in Hanoi, Vietnam

Kickoff meeting in Hanoi

The MentalHigh project embarked on its journey with a kickoff meeting held over three days from September 19th-21st, 2023 at VNU University of Education campus in the vibrant city of Hanoi. The meeting itself was also our significant milestone, bringing together all the partners of MentalHigh from five different countries to lay the foundation for collaborative efforts towards mental health of university students in southeast Asia.




Mr. Jesús Laviña - Deputy Head of Cooperation- EU Delegation Hanoi – welcomed the MentalHigh project partners in Hanoi. He praised the achievements of the MentalHigh team to tackle a pressing issue in global mental health and promised to provide support to reach the goal to improve mental health of students in HEI's in Vietnam and Cambodia. The kickoff meeting featured insightful discussions, strategic planning sessions, and a comprehensive overview of the project's objectives and perspective. The warmth of the Hanoi weather seemed to reflect our enthusiasm and optimism as we delve into building a solid foundation for the project's success.



After the meeting the friendly atmosphere from our shared dinners stuck around. We felt a positive and cooperative vibe among us, thanks to the good times and connections we made. These moments not only made the meeting enjoyable but also set the stage for us to work together effectively in the future.

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External Advisory Board and Student Board

In October 2023, MentalHigh team successfully recruited the External Advisory Board of our project. The external advisors will help us monitor project progresses, assess if an activity has achieved the expected outcome and advise on strategical decisions on an annual level. The expertise and insights of the External Advisory Board will undoubtedly contribute to achieving our project goals and assuring the quality of our work. Within the table located on the right side, you will find the list of board members.

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

	VNU Ued	Dương T.H. Phan T.D.
	HCM USSH	Pham K.H. Doan K.H
	TUAF	Ho C.B. Nguyen T.V.
	TUEBA	Phạm M.T. Trương T.T.
	VUTED	Vi B.Q Phan T.H.
	RUPP	Hoeurn Y. Kim K.
	NIE	Phall M. Thai S.

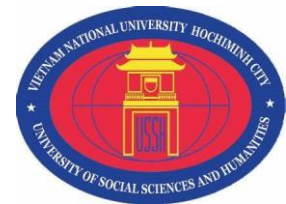
Other continuous advisors throughout the project will be our Student Board (SB) members, a panel of students recruited in the five Vietnamese and two Cambodian participating universities. On the 8th of January 2024, in total of 14 student have volunteered to become our student board at the MentalHigh Student board welcome meeting. Student Board (SB) which will complement the implementation of the project and serve as a link to the target group. Student board members' names within the table located on the left are represented by their first letters for privacy protection.

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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/>