



MentalHigh

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The Launch of Shining Mind App and MoodCare Online Course



The interface of the Shining Mind Mobile App and the MoodCare Online Course on the project's website

In March 2025, we proudly launched two key interventions from our project: the Shining Mind mobile app and the MoodCare online course. These exciting tools represent a major step forward in our mission to support students' mental, emotional, and academic wellbeing.

We wanted to create interventions that are not only accessible and evidence-based but also truly student-centered. Developed in close collaboration with Southeast Asian students, the Shining Mind app (available on App store and the Google play store) aims to increase the mental health literacy of the students. It helps students manage stress, understand and regulate their emotions, and build healthier daily habits.

The MoodCare online course (<https://moodcare.edu.vn/>) is a flexible, self-paced online program designed to strengthen

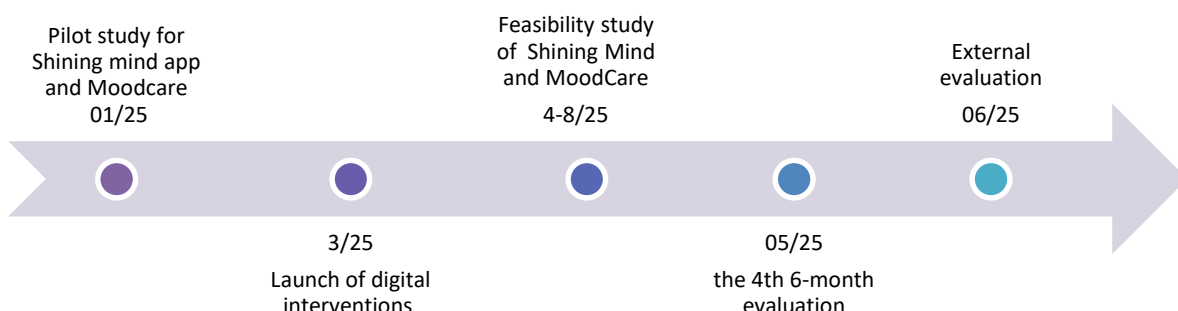
core mental wellbeing skills. Through interactive lessons, reflective exercises, and opportunities for peer support, students are guided on a journey of self-awareness and resilience-building.

Together, these tools aim to:

- Break down stigma around mental health
- Equip students with practical strategies for emotional resilience
- Lay the foundation for long-term mental health support in universities
- Foster a more caring and inclusive campus culture

Right now, the app and course are being tested in a feasibility study (continued on *page 2*). This launch is the result of incredible collaboration, and we're so excited to see how students, educators, and university leaders will make these tools a part of everyday life on campus.

MentalHigh timeline over the last 6 months





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Feasibility Study: Shining Mind App & MoodCare Online Course



Nâng cao nhận thức về sức khỏe tinh thần cùng **MoodCare**

Chúng tôi đem đến những bài học về sức khỏe tinh thần để giúp cho cộng đồng có nhận thức hơn về sức khỏe tinh thần của bản thân.



Moodcare online course: Vietnamese version

Starting in April 2025, five Vietnamese universities and two Cambodian universities of MentalHigh project have been taking part in a feasibility study to evaluate two digital mental health tools: the Shining Mind app and the MoodCare online course. The study aims to explore how effective these tools are in improving students' mental health literacy and overall well-being of mental health. Students are asked to use the Shining Mind app for at least eight weeks and the MoodCare course for up to sixteen weeks. To measure any changes, participants complete surveys before and after the study period.

Participation is completely voluntary. However, students currently experiencing severe mental health difficulties are encouraged to seek professional support instead, as the tools are designed to promote awareness and strengthen resilience and not to replace clinical care. All data collected is handled with strict confidentiality. Personal information is stored securely and kept separate from the survey responses. The findings will be published through academic journals and shared in accessible summaries, with no identifying information included. The study has received ethical approval from all participating universities.

So far, as of June 18th, over 270 students have taken part in the Shining Mind study and around 250 have joined the MoodCare course. The feasibility phase is expected to wrap up by mid-August. After that, both tools will be made publicly available. We're looking forward to sharing the results and seeing how these digital interventions can support student mental health across Southeast Asia—stay tuned!

MentalHigh at HEALTHYLAND

On May 14, 2025, the MentalHigh team participated in HEALTHYLAND, an annual health festival at HAW Hamburg organized by the university's health management team, CamPuls+. The event featured a wide range of activities focused on health and well-being, bringing together students, staff, and external partners. MentalHigh HAW coordinator team Ga Young Lee and Antonio Donato engaged with attendees at the main campus, to share insights about the project's work supporting student mental health in Vietnam and Cambodia. They highlighted various interventions designed to improve mental well-being in higher education settings.

Astrid Jörns-Presentati from the HAW-Team gave a speech, titled "MentalHigh – Promoting Student Wellbeing in Southeast Asia." The presentation addressed the mental health challenges faced by students, emphasizing the impact of academic pressure and limited support structures. Astrid explained how the MentalHigh project aims to develop digital tools and integrate mental health support within university systems sustainably. Overall, the event was an inspiring platform for raising awareness and continuing important conversations around mental health in academia.





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Mental Health Calendar events of MentalHigh: TUAF, VUTED, NIE and TUEBA

Mental Health Calendar (MHC) events—part of the MentalHigh project’s wider mental health promotion efforts—aim to raise awareness and open up conversations about mental well-being among university students. Since September 2024, partner universities in Vietnam and Cambodia have been organizing their own MHC events, each bringing a unique, culturally relevant approach to the topic.

Thai Nguyen University of Agriculture and Forestry (TUAF) hosted a MHC event focusing on the student well-being. The program provided practical self-care tips and guidance on seeking appropriate help when facing stress and mental health challenges. It also aimed to change misconceptions related to mental health and mental illness, encouraging mutual support and referrals to professional services when necessary. The event emphasized the critical role of both mental and physical health in achieving success, highlighting that the quality of life is greatly enhanced by maintaining good health in both aspects.



Ho Ngoc Son, introducing the event



VUTED's MHC event day

For the first MHC event of Vinh University of Technology Education (VUTED), approximately 900 first-year students participated in the first MHC event which aimed at raising awareness of mental health. The session included a keynote presentation on recognizing signs of common mental health issues and strategies for support. Interactive activities fostered a cohesive atmosphere among students.

The second Mental Health Calendar Event was held for Lao Students. In commemoration of the 49th National Day of Laos, around 130 Lao students attended an event focusing on enhancing mental health. The program included presentations on mental health awareness, introductions to the Shining Mind and MoodCare applications, interactive games, and cultural exchanges like the Lamvong dance.

The National Institute of Education (NIE), Cambodia has been active in organizing both MHC Events and CBWs which showcase strong institutional support for mental health in higher education. The first CBW, held on February 14, 2025, focused on prioritizing mental health in the workplace and was attended by senior leaders and educators at the NIE. Featuring a talk by clinical psychologist Dr. Phoeun Bunna, the event promoted open discussion and shared experiences related to workplace mental well-being. The second CBW on April 3, 2025, was conducted during the Master of Education research exhibition and centered on stress management. It included practical activities such as mental health screenings and relaxation techniques, drawing enthusiastic engagement from teacher trainees, trainers, and NIE management.



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Channy Nou hosting the CBW

The Mental Health Calendar (MHC) events focused on student-centered mental health promotion. On June 25, 2024, a seminar titled “Understanding Mental Health and Simple Tips for Self-Care” helped educate students on practical self-care, reducing stigma, and seeking help. Another key event on November 29, 2024, addressed “Psychological Trauma, Prevention, and Primary Intervention,” targeting Bachelor+2 students and emphasizing early intervention approaches. Most recently, on June 4, 2025, the “Resilient Teacher” workshop provided future educators with tools to cultivate emotional balance and personal development. These activities reflect the sustained commitment of the MENTALHIGH project and NIE

leadership to building a mentally resilient academic community.

Thai Nguyen University of Economics and Business Administration (TUEBA) has continually promoted mental well-being among students. Notably, on November 29, 2024, a workshop titled “Improving Mental Health Capacity in Universities” attracted 200 student participants. In March and April 2025, a series of student-centered activities were held, including the “TUEBA Student Sports Festival 2025” with 350 student athletes, a poster design contest for scientific research ideas with 50 participants, and the “TUEBA Debating Contest 2025” (Season 3), engaging 200 students. These initiatives highlight TUEBA’s multifaceted approach to fostering a strong and resilient student community through physical, intellectual, and mental engagement.



TUEBA's Debating contest as MHC event

In addition to student-focused events, TUEBA also conducted a capacity-building workshop for faculty and staff. Held on November 29, 2024, this workshop addressed gender equality and was attended by 200 lecturers and administrative staff. The initiative reflects TUEBA’s commitment to professional development and inclusivity, aiming to create a healthier, more equitable academic environment. Although host surveys were not submitted for these events, their scale and diversity demonstrate an institutional effort to integrate mental health and equality themes into both student life and faculty development.

For more information on upcoming events and resources, visit the MentalHigh’s Mental Health Calendar at <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

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