

Metric	3.3	3.3.5 Mental health support for students	
Indicator	Provide students with access to mental health support.		
A/A	Level	Active promotion of good mental health, Access to (or signposting to) free mental health support. Access to (or signposting to) charged mental health support	Link (if available)
1		SPEED DATING WITH AN EXPERT: where members of the University community (students, administration and academic staff) could meet and talk with mental health professionals from within (academics and students of the MSc "Advanced Nursing & Mental Health Care") and beyond CUT, on mental and emotional health, while dispelling myths and highlighting truths about mental and emotional health. Among the experts were students from the Master's program in "Advanced Nursing & Mental Health Care, under the guidance of Associate Professor in Mental Health Nursing, Dr Maria Karanikola, and the Nursing Department's collaborator Expert by Experience, Mrs Poly Gregora. Through this action, the public was able to receive answers to questions directly and based on data. On the other hand, postgraduate students had the opportunity to communicate directly and scientifically with the community, thus carrying out an action to promote mental health, as a key dimension of their professional role	https://www.cut.ac.cy/news/article/?contentid=536030
2		"What do you know about Mental health?": online public awareness campaign, in partnership with the Cyprus Epidemiology and Public Health Association in the context of the European Public Health Week and Mental Health Week, which was prepared and delivered on CyEPHA's YouTube channel, by the MSc Advanced Nursing and Mental Health programme. Other than student presentations for the wider public on some of the main mental health conditions and their symptoms (depression, anxiety, bipolar disorder, anorexia nervosa etc), the students provided a "video survey" among citizens of all ages, portraying and dispelling some of the most common misconceptions around depression.	https://www.youtube.com/@cyepha
3		Launch of a study, internally funded by Cyprus University of Technology, entitled: "Investigation of Perceived and Psychological Stress in First-Year Nursing Students" (Meropi Mpouzika)	
4		Involvement of experts by experience (Ebe) in delivering undergraduate lectures for the Mental Health Nursing I & II modules (NUR 354 & NUR 454). This participatory approach allows nursing students to directly ask Ebe about their living experiences with mental health challenges. This interaction not only raises awareness but also enhances students' empathic understanding of mental health issues and helps destigmatize their access to mental health services. Most importantly since Ebe are also first aiders for psychological challenges may provide relevant support to students to promote their access to mental health services.	https://www.cut.ac.cy/news/article/?contentid=5457810 https://news.cyprus.eu/en/news/world/tepak-atoma-me-psikhika-nosimata-analamvanoyrn-rolo-ekpaideftwn
5		Cypriot NGO "Antifon" Observatory Organization for Mental Health issues (memorandum agreement). The main aspects of this collaboration include: a) joint research projects, b) co-organization of scientific and social events aimed at raising public awareness on mental health issues, including students and healthcare professionals, c) collaboration in students' education for enhancing empathy on mental health problems.	https://www.cut.ac.cy/news/article/?contentid=520780
6		One day conference on the psychotherapeutic impact of arts, organised in the form of experiential workshop and related lecture gave to the students of the CUT the chance to express their distressing emotions through painting.	https://www.cut.ac.cy/news/article/?contentid=517760 https://www.cut.ac.cy/faculties/hsc/nur/announcements/article/?contentid=524770