



## OUTPUT 4

Multi-language toolkit: pastoral, counselling and talking support for mental wellbeing of students in HE.

Partners on Embrace HE project



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## Executive Summary

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**Project partners are: Birmingham City University, United Kingdom; Universidad Publica de Navarra Spain; Western Balkans Institute, Serbia; Panepistimo Kritis Greece; Vilnius Universitetas, Lithuania. Colleagues from Públic University of Navarre led the development of this toolkit, with support from the other project partners.**

This toolkit focuses on "talking-based support", whereby good practices associated with talking support in the university context are shared. In this regard, successful activities and programmes in universities and other institutions, have been collected in order to illustrate direct examples of how talking-based support can be implemented in universities, and how such activities and programmes have a positive impact on students' mental health.

In this toolkit, there have been collected activities, tools and programmes specifically associated with counselling services, pastoral care and support programmes, which have been developed through universities, organizations (from inside and outside of the universities) and students. Introductory video lectures have been developed to contextualize some categories (peer support, social mentoring, counselling and pastoral care), specifying their use in HE and how they have been shown to be effective in improving students' mental health and well-being. In addition, each category has examples of good practices, programmes or services that are currently being carried out in HE context. These examples are presented in infographics that include a video in which those responsible for the service, programme or practice, present key information

about it and its effectiveness. Contact details are provided, in order to facilitate dialogue and connection between these universities and organisations developing the innovative practices and those interested in replicating or using them.

All information has been presented in a report (toolkit guideline) that serves as a guide to the toolkit in general, and provides additional information as well as recent scientifically based evidence about the effectiveness of the implementation of support, counselling and pastoral care programmes on mental health and well-being of university students. The official EMBRACE HE website contains the report, and the videos and infographics created in this toolkit.

Specifically, this toolkit contains 1 literature review presented as a toolkit guideline, 5 video lectures related to talking-based support, 15 examples of different good practices about support programmes, counselling services and pastoral care in Higher Education. The next scheme, is a toolkit table resume that visually describes the characteristics of different initiatives that have proven to be effective in supporting students.

# TOOLKIT: TALKING-BASED SUPPORT

SUPPORT TYPE	NAME	RESPONSIBLE ENTITY	COUNTRY	FORMAT	MODALITY	SUPPORTER
SUPPORT PROGRAMMES	MENTAL HEALTH AWARENESS	Health School (Gender Perspective)	ES			
		Empowerment LGBTQ+ Groups	GR			
	SKILLS TRAINING	Emotional First Aid (Gender Perspective)	ES			
		Psychosocial Training in Nursing Students	ES			
	SOCIAL MENTORING	Prometeus	ES			
		Attract, Transition, Succeed	IRL			
		ECHO Mentoring Programme	NL			
MENTAL HEALTH PEER SUPPORT	Mental Health Peer Mentors	CA				
COUNSELLING	PSYCHOLOGICAL	Self-Help Computerized Programme	LT			
		I Fight Depression Website & tool	DE			
	CAREER GUIDANCE	Career Counselling	LT			
		Career Mentorship	LT			
		Be Smart (BAME scheme)	UK			
PASTORAL CARE	Coaching and Academic Accompaniment Unit (Tutoring)	ES				
	SOUCAN (Orientation System)	ES				

**SYMBOLY**

Face-to-face	Individual	Group	Professional Staff	Online tool	Video Lecture
Online	Peer	Community	Students	Different social actors	

Figure 1. Toolkit Resume Scheme  
Source: Prepared by the authors