

International students' well-being and mental health

A recent report published by the World Health Organization revealed that 64% of young adults (aged 18-29) in European countries are at risk of depression. A similar study by Harvard University Graduate School of Education found that young adults experience anxiety and depression twice as often as teenagers.

As the primary population of our universities, young adults' well-being is at the center of our mission. We cannot ignore this issue, especially considering that a student with depression has significantly reduced chances of academic success.

For international students, the mental health challenge is even more complex. First, cultural attitudes regarding mental health and well-being vary widely, with differing levels of awareness and stigma. Second, language barriers can significantly hinder communication about mental health needs. Finally, accessing available resources may be difficult due to lack of awareness, false assumptions, or perceived ineligibility.

Staff Week - Engage in a meaningful experience

As valued partners in our shared commitment to student welfare, we believe your insights and contributions would greatly enrich the discussions and initiatives planned for this event. The Staff Week aims to address the critical importance of mental health support for our international student community and explore effective strategies for promoting their well-being.

Throughout the week, participants will engage in a series of workshops, presentations, and collaborative sessions designed to foster dialogue and exchange best practices in this vital area. We are confident that your expertise and perspectives will be invaluable in shaping the outcomes of this event.

Please find the provisional agenda for the Staff Week, which includes information about the sessions and topics to be covered, onto [this dedicated webpage](#).

Application process & Deadline

Willing to take part in the journey? Fill in the registration form before the **15th of April**.

Participation fee: none - Working language: English.

If you have any questions, please feel free to contact the organizing team at: staffweek@univ-lille.fr and to check out the information available on our Staff Week website.

Registration form: <https://enquetes.univ-lille.fr/index.php/856784>