

## Thriving Together Advancing Mental Wellbeing in European Higher Education

*Bringing European faculty, administrators, and students together to share best practices in mental well-being and resilience*

Across Europe, universities are increasingly recognizing the urgent need to address student mental health and faculty wellbeing. Recent surveys highlight rising **stress, reduced concentration, and retention challenges** among students, alongside growing concerns about workload, burnout, and resilience among academic staff. To address these needs, this symposium brings together leading voices from Yale University, the University of Coimbra, RWTH Aachen, Copenhagen Business School, and the University of Zurich.

Through keynote talks, interactive panels, and short experiential practices, the program will explore best practices for embedding positive mental health initiatives in higher education as well as the challenges in doing so. Faculty, staff, and students will share their experiences, while international researchers present the latest findings on the **SKY Campus Program**—an evidence-based approach shown to strengthen wellbeing, focus, and resilience.

### Why join:

- Learn how European universities are responding to the mental health crisis.
- Exchange ideas with faculty and students across Europe.
- Explore opportunities to bring possible solutions to your institution.
- Special registration options for faculty, staff, and students.

This event is open to all faculty, staff, and university leaders interested in building thriving academic communities.

**When: November 25th, 2025, 14.00 - 16.15, ONLINE**

**More information / registration / program:** <https://conf.skycampus.net/>

We look forward to learning, brainstorming, and thriving together. For any questions, do not hesitate to contact us.

SKY Campus Europe team

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### **PROGRAM**

25<sup>th</sup> November 2025 14:00 to 16:15 online

#### **CET**

**14:00** - Welcome and introduction

**14:05** - Official Representative (to be confirmed)

**14:10** - Current Status of Student Mental Health in Europe and Statistics

**14:15** - Experiences with Mental Health and Pedagogical Innovation:

Prof. Dr Cristina Albuquerque, Vice-Rector Coimbra University

**14:22** - Elements of Comprehensive Positive Mental Health Programs for Universities,

Emma Seppälä, Ph.D (Yale University)

**14:30** - Presentation of SKY Campus - Annelies Richmond (Global Director SKY Campus)

**14:35** - Latest research on the impact of SKY on Wellbeing & Resilience parameters -

Dara Ghahremani (UCLA) & Dr. Fahri Saatcioglu (Oslo University)

**14:45** - Practice session

**14:50** - PANEL 1 - University faculty and staff: Current Challenges and Best Practices in

implementing positive mental health programs on Uni campuses (leading Universities in Europe)

**15:15** - Practice session

**15:20** - Break

**15:25** - PANEL 2 - Students: Sensitization of Students, Challenges and Recommendations,

**15:45** - Time for Q&A

**16:00** - Post-Symposium SKY Campus Retreat for Students and Staff

**16:05** - Main Conclusions, Take Aways and Way Forward

**16:15** - End