

## CGHE ANNUAL CONFERENCE SESSION

Wednesday 12 May 2021, 10.50am-11.50am

### **“There is a crack in everything, that’s how the light gets in”: higher education and mental health**

*Chair: Ka Ho Mok*

*Speakers: Jason Arday, Padmore Adusei Amoah, Gemma Lewis*

This session focuses on mental health and higher education from different perspectives. Dr. Gemma Lewis, a psychiatric epidemiologist, will explore existing evidence on the mental health of HE students compared with the rest of the population, discuss mental health inequalities and risk factors within the HE population, and how we might intervene to address these. Dr. Jason Arday, a sociologist, will concentrate on Black and Minority Ethnic (BME) mental health within the Academy. Dr. Padmore Amoah, a social epidemiologist, will talk about the impact of Covid on the psychological wellbeing of international students and how they perceive the support systems available to them.