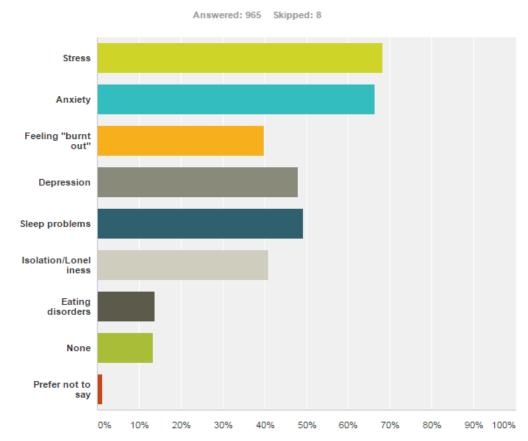
Let's Be Honest Campaign update.

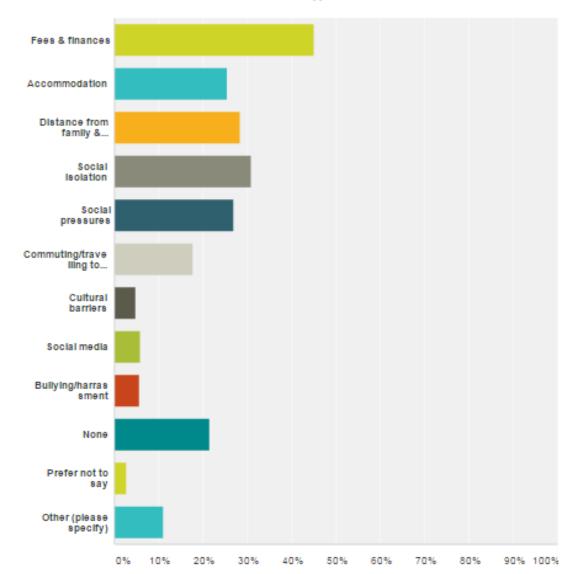
- We have a webpage with all of the campaign's aims and objectives here, including the teaser video and the #30daysofselfcare social media campaign www.angliastudent.com/letsbehonest
- 6 students have written stories around their mental health which have been added to our webpage.
- Two launch events (be a friend) were held on the 17th October, which went really well and will be repeated in semester two. In Cambridge we combined it with a Crafternoon session with a student from Student Mind. In Chelmsford, students bought in homemade cakes and we raised money for Mind whilst advertising the survey. Both events bought forward quite a substantial number of students who want to be involved in the campaign.
- The survey has had just under 1000 students complete it which is great. We are closing it on the 9th November but have an app notification going out on Friday which should increase this number quite significantly. A full report of the survey will be created and circulated to a number of university committees. An example of two results so far;

Have you suffered from any of the following mental health difficulties and issues whilst at university?



If you have experienced any mental health problems at university, do you feel that any of the following has contributed?

Answered: 936 Skipped: 37



- Our next steps include; creating the report from the survey to circulate; holding project
 planning groups with students who want to play a bigger role in the campaign; inviting in
 some external speakers to give presentations on mental health related issues; campaigning
 for Keep Wednesday Afternoons Free; creating a personal tutor toolkit and creating a guide
 book of useful information; amongst many other projects.
- In the attached project definition form you will notice a number of actions have been crossed out- this is because we have decided to create one guidebook encompassing all these aspects of self-help to ensure the information we are giving to students is correct and accessible.