

# Are we doing enough to help students manage their stress?

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## **Introduction/background:**

High levels of stress in young people studying medicine is a problem that appears to be increasing in severity. Unfortunately it is not uncommon to see unhelpful or harmful coping strategies being employed by students to manage their study/life stress. The Australian Medical Students Association cite that medical students are three times more likely to commit suicide than the rest of the general population in their age range.

## **Purpose/objectives:**

The purpose of the session is to discuss the widening issue of stress and self-harm amongst the student population, specifically medical students, and glean from each other what support strategies have been successful. Discussing responsibility, support, service and strategies with other expert healthcare educators will help illuminate and address the impact of student mental health and the serious impact this may have on their progression through the course.

## **Issues/ questions for exploration or ideas for discussion:**

- What level of responsibility should Universities have in managing young people's stress/anxiety issues?
- Many Universities have reduced access to free counselling services for students – should these services be reinstated/increased?
- Should colleges/healthcare facilities be doing more to support students, rather than relying on the University to offer services?
- What support strategies have been the most effective at your College/School/University/Health facility?
- Should mindfulness/meditation be compulsory components embedded in healthcare courses? If so, when should they be introduced and how often should they be revisited?
- Should more or a different type of support be available for students who are on clinical placements?