

ACADEMIC PRESENTATION



Supporting Ukrainian Students: Mental Health in Higher Education

Building Resilient, Compassionate Academic Communities

 2026  Institutional Mental Health Framework



Contents

1

Institutional Support Systems

Policies and concrete measures for student well-being

3

Research Insights

The power of positive intergroup contact

5

Building Strategic Partnerships

NGOs, associations, and international networks

7

Crisis Preparedness

Integrating psychological health into institutional mission

2

Interdepartmental

Holistic approach through teamwork

4

Sustainability

Beyond temporary project commitment

6

Evaluation and Adaptation

Continuous learning and improvement

8

The Role of Educators

Guardians of hope and compassion



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Institutional Support Systems

Formal Policies Matter

Concrete measures like compassionate leave and exam deferrals during grief demonstrate that student well-being is valued equally with academic performance.

Compassionate Leave



Policies

Formal recognition of grief and trauma, allowing students time to heal without academic penalties

Flexible Assessment



Exam deferrals and alternative evaluation methods during crisis periods



Key Impact

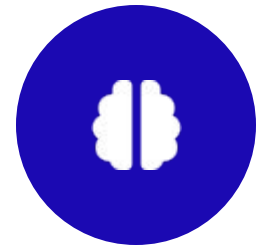
These policies build trust and show students that their institution sees them as whole human beings, not just academic performers. This recognition is fundamental to psychological safety and engagement.



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2 Interdepartmental Collaboration

Collaboration between **psychology, education, and administration** departments ensures a holistic approach to student support. Breaking down silos leads to more comprehensive care.



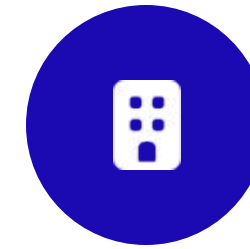
Psychology

Clinical expertise, counseling services,
trauma-informed care



Education

Pedagogical strategies, classroom support,
learning accommodations



Administration

Policy development, resource allocation,
institutional commitment



Integrated Care Model

When departments work together, students receive seamless support that addresses their academic, psychological, and practical needs. This integration prevents students from falling through cracks and ensures no aspect of their well-being is overlooked.

Key Research Findings

Research demonstrates that positive intergroup contact does not only improve well-being—it also strengthens pro-European attitudes and identification with Europe.

Source: Figures 4-6, pp. 28-30

- 1 **Enhanced Well-being**
Measurable improvements in psychological flourishing
- 2 **Pro-European Attitudes**
Strengthened positive orientation toward European integration
- 3 **European Identification**
Increased sense of belonging to European community

Why This Matters

Identification with Europe is linked to:

- ✓ Trust in institutions and communities
- ✓ Belonging and social connection
- ✓ Long-term social integration and stability

“ Implication: Mental health interventions that foster positive intergroup contact serve dual purposes—improving individual well-being while building stronger, more cohesive communities.

Critical Insight



Mental health promotion cannot be a temporary project. It must be a continuous institutional commitment supported by partnerships, evaluation, and long-term planning.

Evidence of Long-term Impact

Research shows that sustained, structured support systems have long-term measurable effects on:



Flourishing

Sustained psychological growth and well-being



Self-Efficacy

Confidence in managing challenges and achieving goals

Requirements for Sustainability

- 1** Institutional Commitment
Leadership buy-in and resource allocation
- 2** Strategic Partnerships
Collaboration with external organizations
- 3** Continuous Evaluation
Regular assessment and program adaptation
- 4** Long-term Planning
Multi-year frameworks beyond project timelines



5 Building Strategic Partnerships

Establishing partnerships with local NGOs, Ukrainian psychological associations, and international mental health networks can help sustain services and expertise.

Local NGOs

Community-based organizations provide culturally grounded support and understand local contexts

Ukrainian Psychological Associations

Professional expertise, training resources, and culturally appropriate therapeutic approaches

International Mental Health Networks

Access to global best practices, research, and additional resources







Partnership Benefits

- ✓ Sustained service delivery beyond institutional capacity
- ✓ Access to specialized expertise and training
- ✓ Shared resources and cost efficiency
- ✓ Broader support ecosystem for students

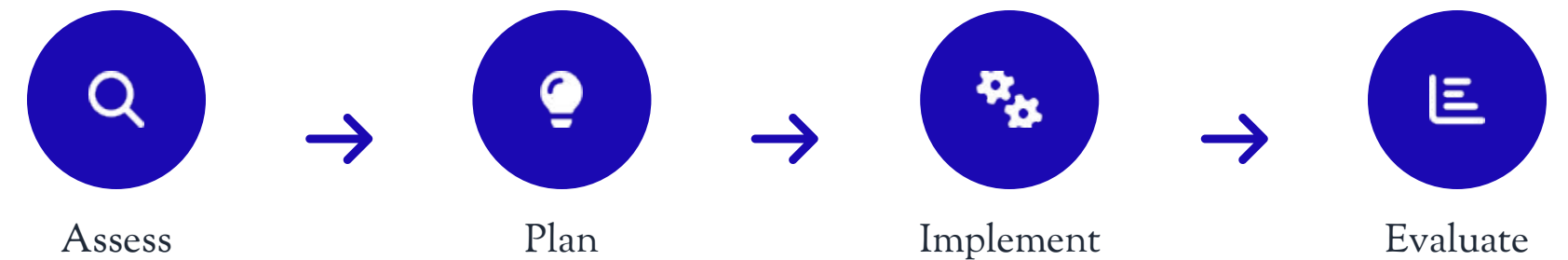
6 Evaluation and Continuous Adaptation

Regular evaluation allows institutions to adapt programs to real needs. A sustainable system is one that learns, grows, and evolves with its community.

Evaluation Methods

-  **Student Feedback Surveys**
Regular collection of student experiences and needs
-  **Outcome Metrics**
Tracking well-being indicators, academic performance, retention
-  **Focus Groups**
Qualitative insights from diverse student populations
-  **Continuous Monitoring**
Ongoing assessment of program implementation

Adaptation Cycle



“ Programs that evolve based on real data and student feedback remain relevant and effective



7 Crisis Preparedness and Psychological Health

A Powerful Message

Institutions that prioritize crisis preparedness and psychological health send a powerful message:

”Education and care are not separate—they are inseparable.”

Academic Performance

Students who feel supported perform better academically and engage more deeply with learning

Community Resilience

Prepared institutions bounce back faster from crises and support collective recovery



Integration into Institutional Mission

- ✓ Psychological health in strategic planning
- ✓ Crisis protocols and response teams
- ✓ Staff training in trauma-informed care
- ✓ Resource allocation for mental health services



The Role of Educators: Guardians of Hope



To Educators and Tutors

You are not only transmitters of knowledge but also guardians of hope. Every conversation, every policy, every act of kindness matters.



Every Conversation

A check-in, a listening ear, a word of encouragement



Every Policy

Flexible deadlines, compassionate leave, accommodations



Every Act of Kindness

Small gestures that show students they matter

“ Remember: Your role extends far beyond the classroom. You are creating safe spaces where students can process grief, find connection, and rebuild their sense of future. In times of crisis, educators become anchors of stability and sources of hope.



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Conclusion: Building Universities That Heal

Core Message

Investing in mental health is investing in human potential. It strengthens academic performance, community resilience, and the moral fabric of the university itself.

Our Vision

Together, we can build universities that:



Heal



Include



Empower

—even in the face of loss.

Key Principles

- 1** Institutional Commitment
Mental health as core institutional value
- 2** Holistic Approach
Collaboration across all departments
- 3** Sustainable Systems
Long-term planning and continuous improvement
- 4** Compassionate Action
Every educator as a guardian of hope

Supporting Ukrainian students with compassion, dignity, and courage.



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Thank You

Thank you for your attention and for your commitment to supporting Ukrainian students with compassion, dignity, and courage.

 Compassion  Dignity  Courage

 Building universities that heal, include, and empower



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