



Nyyti ry – mind matters!

Helsinki University orientation event 1.9.2022

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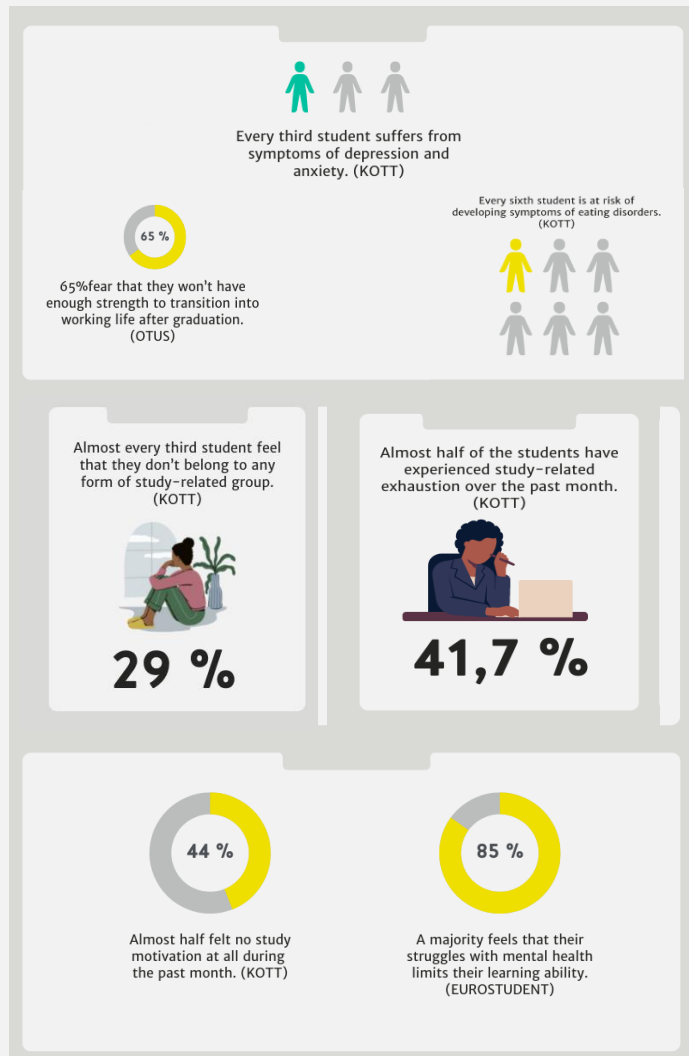
# Nyyti what now?

- Nyyti ry is a national NGO that promotes mental health and strengthens learning ability of students in Finland.
  - We provide students and student communities with information, tools and activities for mental wellbeing.
  - Advocating for a mentally friendly study environment and to normalize mental health problems.
- [Student Mental Health Day \(04/2023\)](#)
- [Student welfare for all students! - campaign](#)
- Bill of proposition for the Finnish Parliament
  - guarantee all students of higher education equal access to services offered by psychologists and social workers.



# Student mental health

## What we know ...



- Every third student suffers from symptoms of depression and anxiety
- Every sixth student is in risk of developing symptoms of eating disorders
- Almost half has experienced studyrelated exhaustion during the past month  
→ 44 % felt no study motivation at all during the past month
- 60-70 % experienced that the past state of emergency arrangements (like online studies and lockdowns) had a negative effect on both mental health and study capacity  
  
→ At the same time every fifth student reported that their studying had become somewhat easier ([THL 2021](#)). The pandemic increased polarization in regards to managing ([Salmela-Aro ym. 2022](#))
- 65% fear that they won't have enough strength to transition into working life after graduation.
- Loneliness is a painful fact – almost every third student feel that they don't belong to any form of studyrelated group
- 85% feel that their struggles with mental health limits their learning ability

During the first pandemic year **the conflict between demands and enough resources** was a central factor in increasing exhaustion and decreasing motivation.

During the second year **unsatisfied psychological needs** explained over half of the variation in exhaustion levels.

Source: [Salmela – Aro ym. \(2022\)](#)

# How to survive this then?

- **Keep up a regular rhythm for studies, sleeping, eating and exercise.**
  - Schedule in periods of relaxing and recuperation alongside exams and deadlines
  - Allow yourself to experience fun things without any performance requirements attached or thoughts of whether you "deserve" it or not
  - Holiday, vacation, leave of absence – many names for the same dream. How and when could this be reality for you?
- Maintain relationships and seek contact with others → in ways possible, and above all, feels good for you
- Reflect over your goals – are they reasonable? Do they account for your wellbeing as well? We live in challenging times. One step at the time.
- Students are all unique – your situation is allowed to be exactly what it is. Support should be planned according to your needs and the situation at hand. **You always have the right to aid, no matter what it's for.**
- Establish a contact with your university. Discussion is also encouraged student to student. Asking "How are you" and listening can be of vital importance, and also difficult topics can be discussed (like economy, anxiety, everyday life etc.)  
**Don't remain alone with your thoughts** → fantastic options has been presented today. If you don't know where to start – come to us!
- Keep up (non academic) interests through which you can experience a sense of meaningfulness and accomplishment. It's good to think about something other than your studies once in a while.
  - During the pandemic it was observed that study-related unwellness easily spilled over to other aspects of life as well. Study-related exhaustion also a risk factor for depression. **React if you feel longtime fatigue, cynical negativity and constant feelings of inadequacy.** ([Salmela – Aro ym. 2022](#))

# Nyyti's services in English: Group Chats

- Nyyti's Chat is a place for **sharing thoughts, feelings and experiences of student's daily lives**. Chats are anonymous for participants and has a drop in- policy (no registration required). They are free of charge and have different topics.
- Chats in English once a month.

## Upcoming chats:

- Tue 27.9. [Studying with Learning Disabilities](#)
- Tue 25.10. [Feeling tired all the time?](#)
- Tue 22.11. [Living with roomies?](#)
- Tue 13.12. [Racism and mental health](#)

Chats are moderated by  
Nyyti volunteers or staff

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Wait –  
Are there OTHER STUDENTS  
moderating these??

# Yes indeed!

As a Nyyti volunteer, you get to contribute to the mental well-being of your student peers. Your thoughts and experiences are a vital support to others.

Nyyti's volunteers moderate our chats and our online groups + contributes otherwise as well.

[→ Become a volunteer!](#)



# Materials for students:

- [Back to campus - check list](#) (FSHS, SYL, SAMOK & Nyyti ry)  
Great stuff for new students as well!
- [Learn Life Skills](#) - tools and information for a better mental health
- [Find help:](#) is a friend in need! The page gather several agencies who provide help to students
- When graduation is closing in: [Check out NyytiCoaching!](#)  
3 x sessions in English with a professional coach to guide you into working life!  
Apply to the Fall semester 2022, starting on Sept 19th.



**www.nyyti.fi**

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**Find Nyyti here!**

**NyytiTalk**

Livestreams on topics about student daily lives

→ [Instagram](#)

→ [Youtube](#)

**Stories**

Experiences from other students. Share yours too!

→ [Nyyti.fi](#)



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**THANK YOU!**

