



Day 6 Multimedia

On Day 6, you'll watch Conrad Hogg's talk, "*A New Approach to Mental Health in Universities*," where he addresses the mental health challenges students face due to academic, financial, and social pressures. Hogg emphasizes a proactive approach, advocating for a supportive campus culture that reduces stress, builds resilience, and provides accessible mental health resources.



Video Summary

Conrad Hogg discusses the rising mental health crisis among university students, highlighting academic, financial, and social stressors as significant contributors. He advocates for a comprehensive approach that reduces stress, builds resilience through strong support networks, and provides accessible mental health resources. Hogg calls for a university-wide culture shift where mental well-being is embedded into campus policies and daily life. He encourages individuals to support friends, challenge mental health stigma, and promote inclusivity.



Think of a time when you felt overwhelmed or isolated in a new environment. What support systems, if any, helped you through it? How could stronger community connections or peer support have improved your experience?