



Podcast Mental Health

Sohpie Bankers and Suzanne Jumelet
Netherlands Red Cross
Forum MHPSS-European Network
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About us



Sofie Blankers



Suzanne Jumelet

About the project

- 4 studentdesks
 - Nijmegen
 - Delft
 - Utrecht
 - Wageningen
- Ca. 25 students with different (study)backgrounds

Our goal

- Resilience
- Four pillars
 - Accesible (media)
 - Taboos
 - Tips (instead of only information)
 - Recognizable

The project

- From students, for students
- Different backgrounds, different creative ideas

Season 1

- 8 episodes on Spotify
 - Loneliness
 - Mindful towards transition (English)
 - Psychological First Aid
 - Student psychologist
 - Alternative therapy
 - Mindfulness
 - Burn out
 - Pressure to perform
- Different guests (experts by experience and professionals)

I think that everyone feels upset once in a while, but it would surprise you how little people talk about their feelings. Almost no one. (Loneliness)

Acceptance is important, accept your emotions. By fighting against them, they will become bigger and more difficult. (Mindful towards transition)

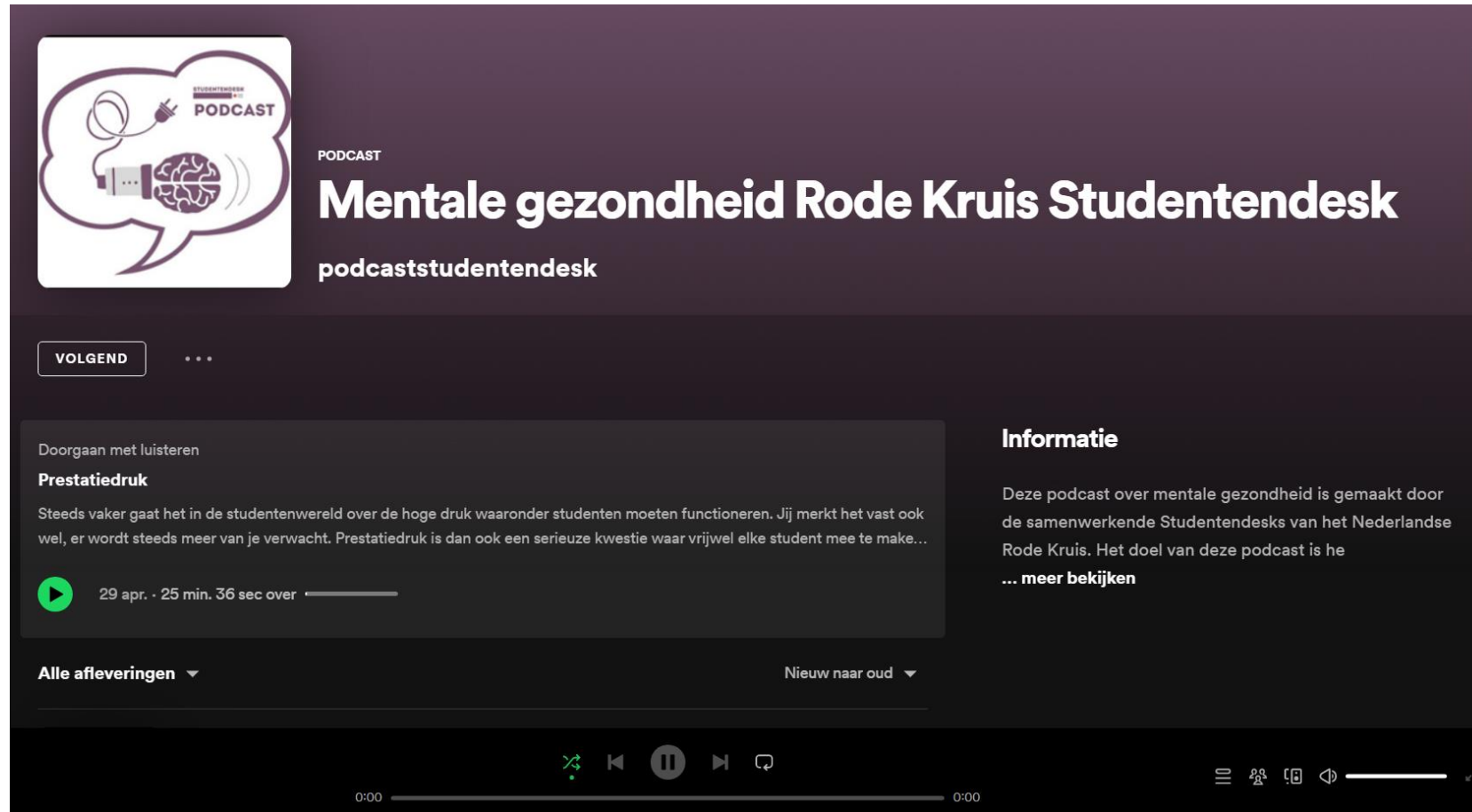
We need to see the resilience in students, instead of their weaknesses. (Studentpsychologist)

With a client of mine, a young adult, no therapy really helped and she was totally stuck and locked, but music and movement made her melt. (Alternative therapy)

Season 2

- Among others:
 - Impact of negative news on mental health
 - Social media and eating disorders
 - LGBTQ+ acceptance
 - Creativity
- 2 English-spoken episodes again

Questions



The image shows a podcast player interface. At the top left is a logo for 'PODCAST' featuring a brain, a USB drive, and a speech bubble. To the right of the logo, the text 'PODCAST' is written in small letters, followed by the main title 'Mentale gezondheid Rode Kruis Studentendesk' in large white font, and the subtitle 'podcaststudentendesk' in smaller white font. Below the title is a 'VOLGEND' button and three dots. The main content area is split into two columns. The left column has the heading 'Doorgaan met luisteren' and the title 'Prestatiedruk'. Below the title is a short paragraph of text. At the bottom of this column is a play button icon and the text '29 apr. · 25 min. 36 sec over' with a progress bar. The right column has the heading 'Informatie' and a paragraph of text, ending with a link '... meer bekijken'. At the bottom of the player is a control bar with a progress bar from 0:00 to 0:00, a play/pause button, and other standard audio controls.

PODCAST

Mentale gezondheid Rode Kruis Studentendesk

podcaststudentendesk

VOLGEND ...

Doorgaan met luisteren

Prestatiedruk

Steeds vaker gaat het in de studentenwereld over de hoge druk waaronder studenten moeten functioneren. Jij merkt het vast ook wel, er wordt steeds meer van je verwacht. Prestatiedruk is dan ook een serieuze kwestie waar vrijwel elke student mee te make...

29 apr. · 25 min. 36 sec over

Alle afleveringen

Nieuw naar oud

0:00 0:00