



Healthy Campus Case Study



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AN tÚDARÁS um ARD-OIDEACHAS

Mind Body Boost

Name of institution and initiative lead
Trinity College Dublin, The University of Dublin. Trinity Sport and Trinity Student Counselling Services
Date and timeframe
2018 - ongoing
What was the reach?
120 students participated (over 350 applied / showed interest)
Aims and Objectives
MBB is a practical intervention program aimed at third level students, delivered by the experts in the respective sport and counselling services. It aims to promote equality and inclusion by facilitating access for students who have low levels of physical activity and mental health issues, who for whatever reason have had limited opportunity for taking part in sport.

Aims and Objectives
By combining the elements of group inclusivity, challenging – but achievable – physical activity, and psychological support tools, MBB comprehensively addresses the societal issues of social isolation, physical activation, mood, and stress management problems.
Aligned frameworks, policies, or strategies
National Student Mental Health & Suicide Prevention Framework ‘Realising Potential: A Strategy for Sport and Physical Activity 2022 – 2026’ (Trinity College Dublin) Sport Ireland Participation Plan, 2021-24
Project Collaborators
Internal Stakeholders: Students’ Union, College Health Service, Tutorial Service, Trinity Disability Service

Project Collaborators
External Stakeholders: 6 countries represented - University of Galway, Technological University of Munich (Germany), University of Stirling (UK) University of Limerick, Universidade Europeia (Portugal), Vilnius University, It’s Great Out There (NGO, Belgium); Associated partners: Nightline Paris, European Network of Academic Sports Services
Key Learning Points
It is highly advantageous to collaborate across service areas on student wellbeing programmes. Creating fun, accessible preventative programmes is a good way to attract students (oversubscribed regularly). Scheduling the programme to fit into less-pressurised times of the academic year increases participation and retention (e.g., early in the semester vs. later when exams are looming). Students find the connection between mental and physical health highly salient.

Healthy Campus Process	Topic	Population Group
Create	Mental Health & Wellbeing	Students



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

