



Hochschulforum
Digitalisierung

Well-Being and Mental Health in a Digital Era

Think Tank "Well-Being in the Digital Age"

Lea Hildermeier
CHE-Centrum für Hochschulentwicklung
Hochschulforum Digitalisierung

European Student Affairs
Conference 2026

Mental Health & Digital Wellbeing



1 in 3 students
suffers from mental
health disorders.



1 in 2 students

is most strongly affected
in their studies by a
mental health condition.



8 in 10 students
would like professional
help for mental health
challenges.



But only

1 in 4 students

makes use of support
services.



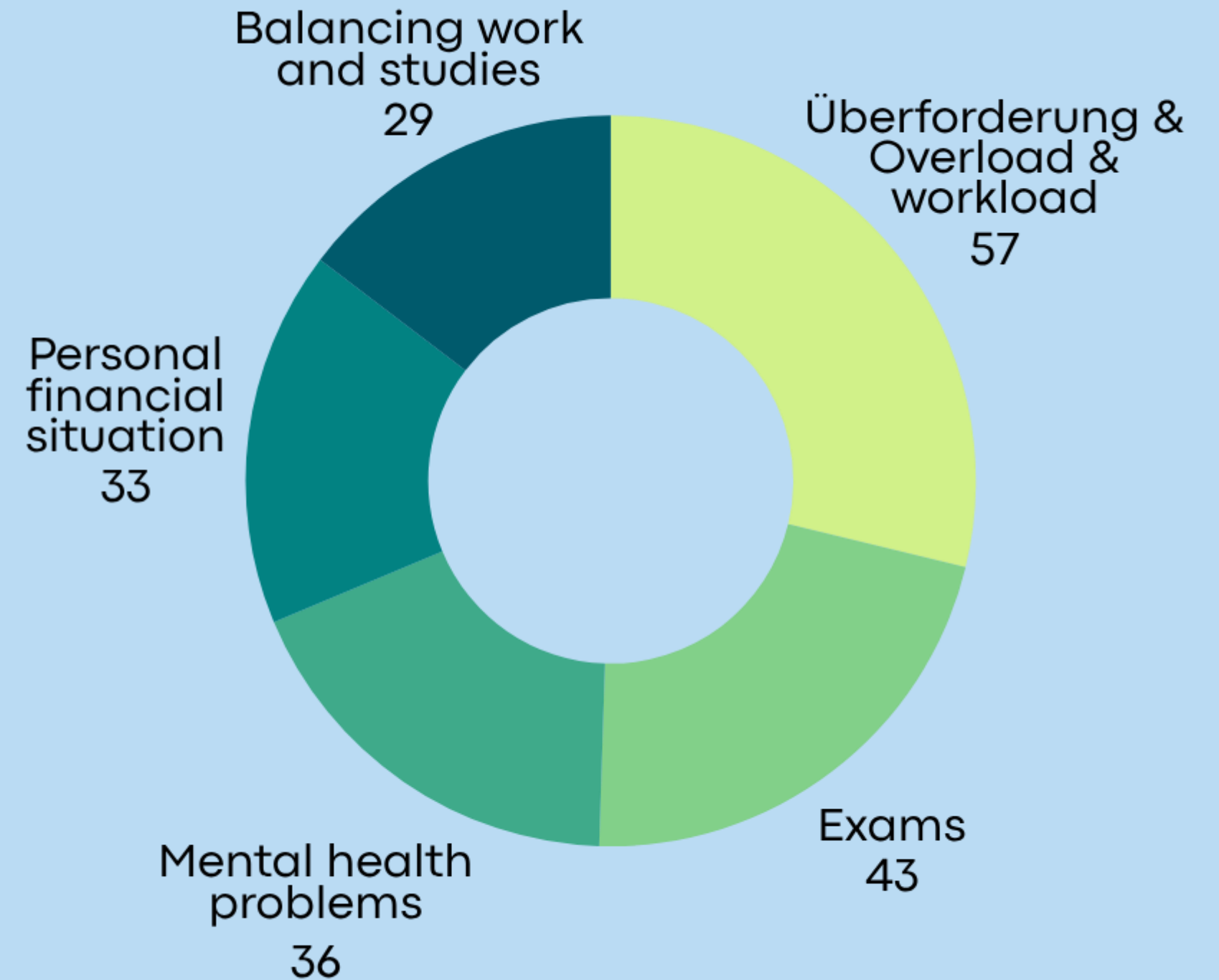
Mental-Health- Barometer 2025

Mental strain

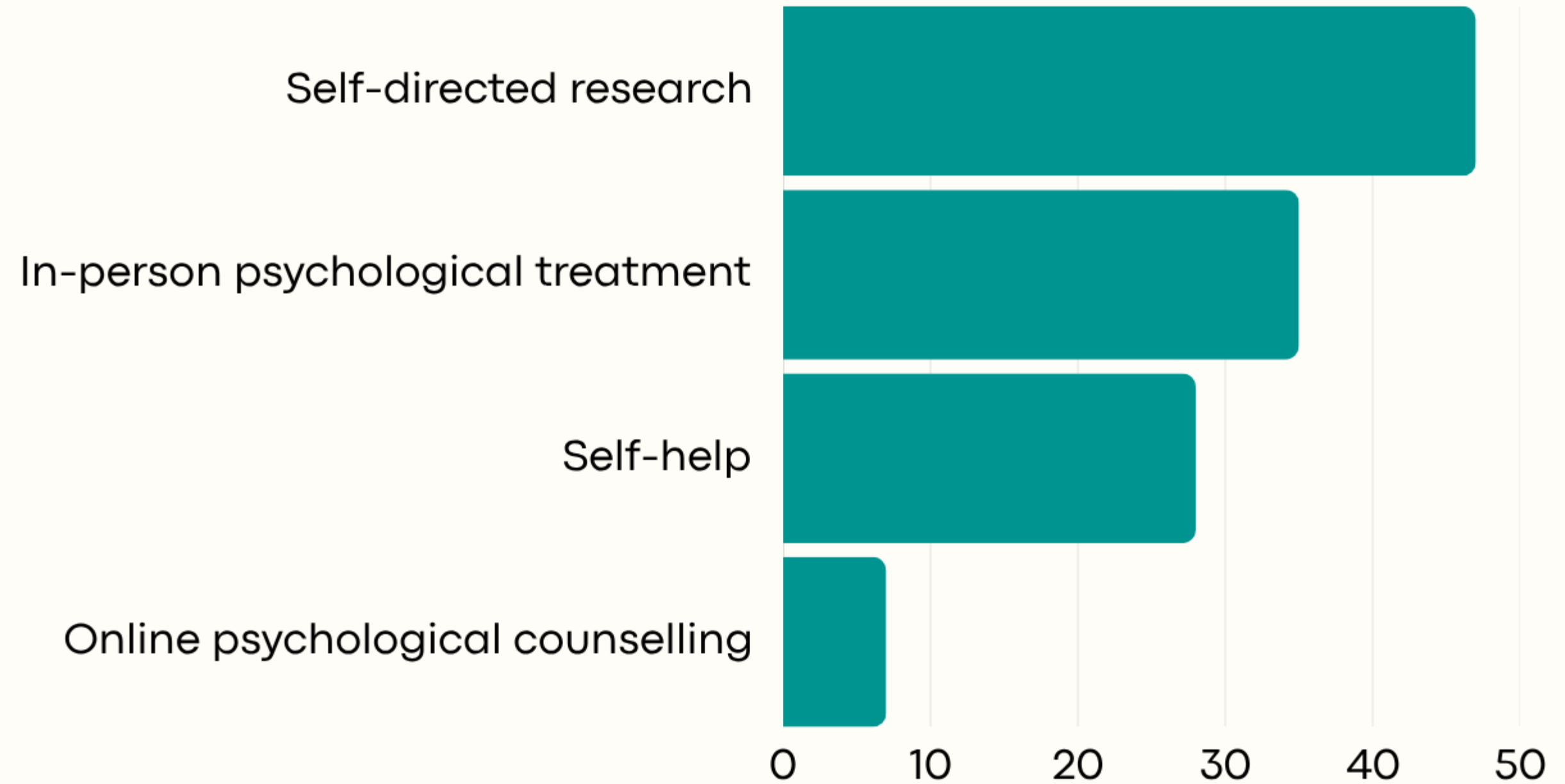
N = 6.080 (nDE = 2.521)

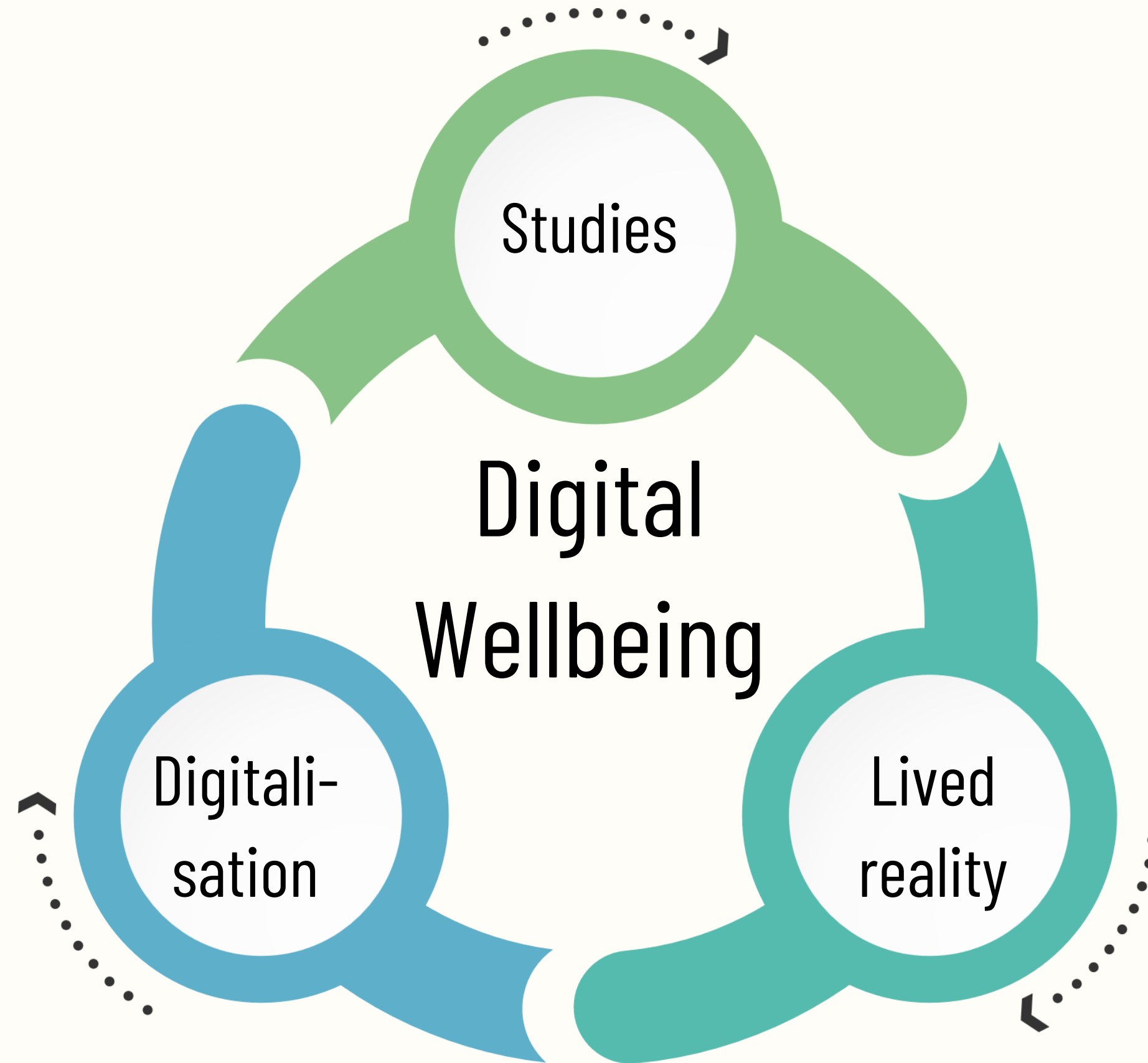
Figures in %

Average age: around 24 years



Mental Health Support





„A feeling of physical, cognitive, social and emotional contentment that enables all individuals to engage positively in all digital learning environments including through digital education and training tools and methods, maximise their potential and self-realisation and helps them to **act safely online and supports their empowerment in online environments.**”

The Council of the European Union, 2022

Impact of Digitalisation



Technostress

Stress caused by constant availability, technical problems and adapting to new digital tools.

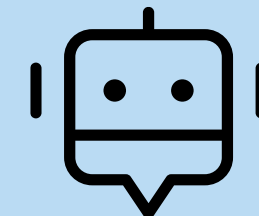
Impacts: e.g. exhaustion, concentration problems.



Loneliness & Isolation

Lack of social presence in digital learning settings.

Impacts: impaired learning experience and uncertainty in using digital tools.



Chatbots

use of chatbots e.g. for emotional support or companionship.

Impacts: low-threshold access and reduced stigma, but also risks of privacy concerns and replacement of human support.

Possible Solutions



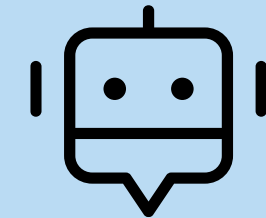
Technostress

- Consistent platforms
- e.g. flexible submission deadlines
- Awareness-raising



Loneliness & Isolation

- Authentic interaction
- Well-designed digital learning spaces & hybrid formats
- Virtual break rooms
- peer support services



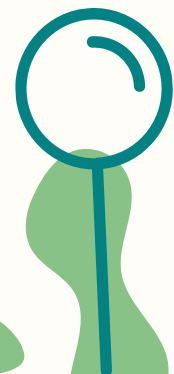
Chatbots

- Chatbots as entry points, not endpoints
- Clear boundaries: no therapy, no crisis counselling
- referral to human support
- Privacy, consent and crisis escalation rules

Good Practice Examples



Student Minds-
England / Wales



Find the *support* for you

Whether you are looking for mental health advice and services, support for a friend or loved one, or resources you can share with your students, help is available.

I am a student

Explore advice and information to support you through the uncertainty of student life.

[Get support](#)

I am a friend

Look after a mate, while remembering to look after yourself, with our advice on supporting a friend.

[Find out more](#)

I am a parent

Explore support available to parents, carers and guardians to help your child through the challenges of student life.

[Find out more](#)

I am a professional

Access resources and programmes to help students and the wider university community.

[Find out more](#)

Bielefeld University



University of Bielefeld Guide

Welcome to the guide by the team of Campus in Balance at Bielefeld University!

Are you studying at Bielefeld University and looking for general information, new skills or a solution to a specific problem? Then you've come to the right place. Our signpost tool will help you find out about the numerous offers at our university. It helps you to find the right information and contact persons at Bielefeld University with just a few clicks - without any effort.

Please use the buttons and links on the pages and not the back button of your browser to navigate through the guide.

Let's go!

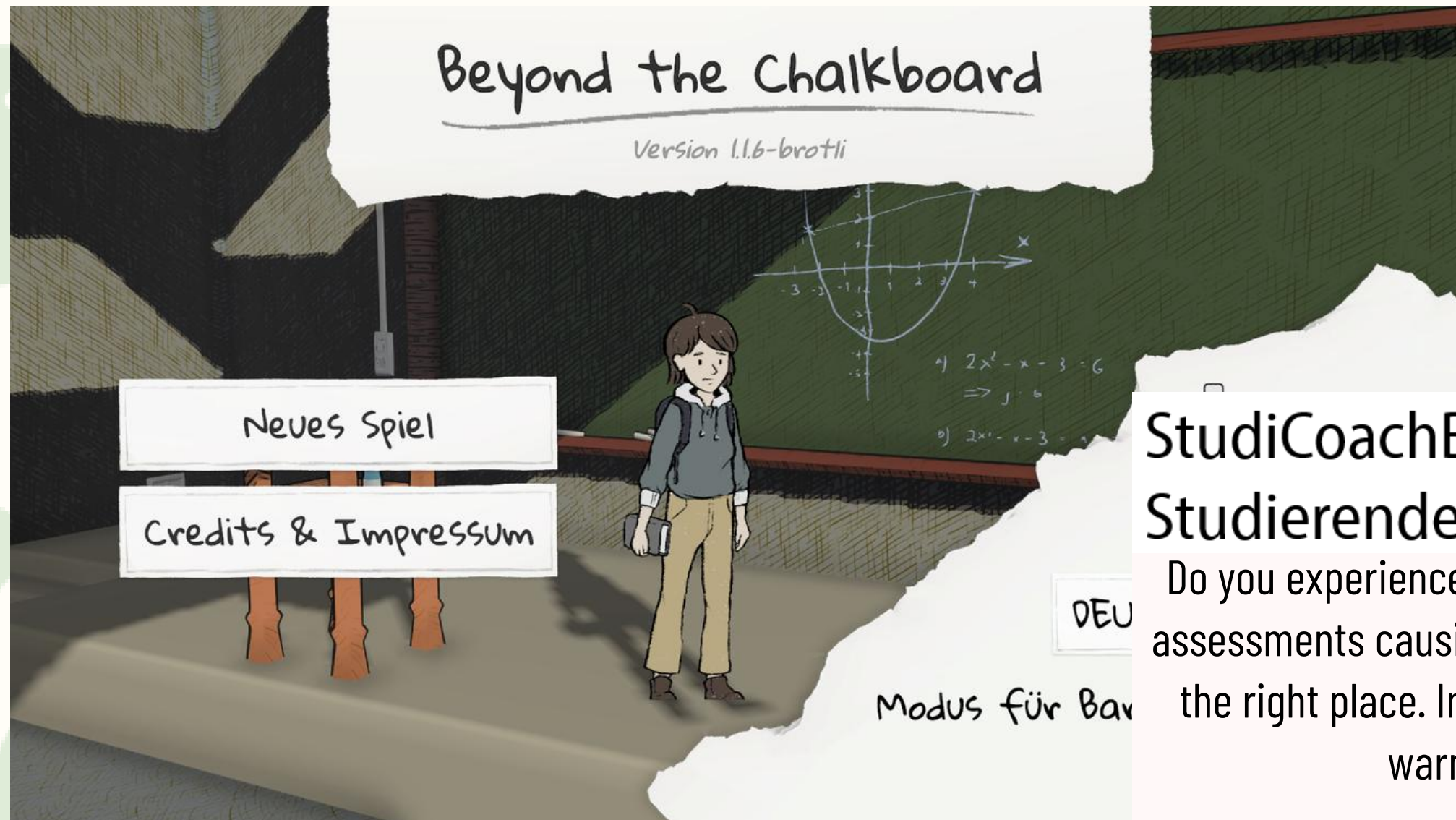
Your team from

Campus in Balance - Your studies your health

There are 52 questions in this survey.

TH Köln – University of Applied Sciences





StudiCoachBot - Prüfungsangst Coaching für Studierende

Do you experience exam anxiety or nervousness before exams? Are tests and other assessments causing you doubts about your studies? Then you have come to exactly the right place. In our StudiCoachBot self-coaching tool, you can identify triggers, warning signs, support options and your own resources.





Moodgym-
Australia



Module 1: Feelings

Why you feel the way you do

- ▶ Connections between thoughts and feelings
- ▶ Identifying the emotional consequences of negative thoughts
- ▶ Understanding WUTIWUF (what you think is what you feel)



Module 2: Thoughts

Changing the way we think to feel better

- ▶ Types of dysfunctional thinking and how these might be contested
- ▶ Common problem areas such as authority and intimate relationships
- ▶ Improving self-esteem



Module 3: Unwarping

Changing warped thoughts

- ▶ Different ways to change dysfunctional thinking
- ▶ Identifying personal vulnerabilities
- ▶ More help with self-esteem through actively increasing positive events



Module 4: Destressing

Knowing what makes you upset

- ▶ Identifying situations or events which might trigger stress or warped thoughts
- ▶ Relaxation methods (includes downloads)
- ▶ Problem-solving



Module 5: Relationships

Break-ups and how you were raised

- ▶ How to cope with and grow from relationship break-ups
- ▶ Mum and Dad issues (or how you were raised)



Workbook

Easy access to quizzes and diaries

- ▶ Retake quizzes and compare your results over time
- ▶ Access exercises and diaries from each of the modules



University of Western Cape



UNIVERSITY of the
WESTERN CAPE

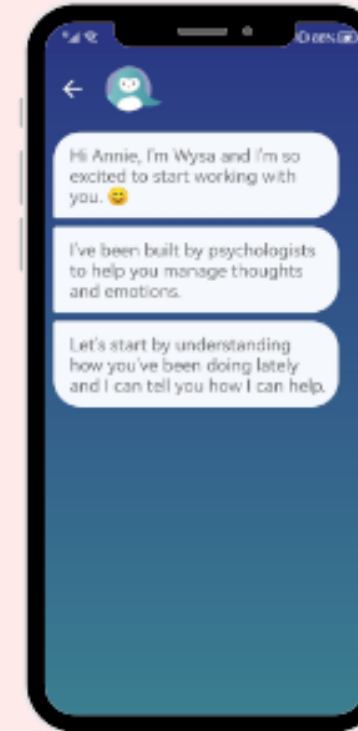


wysa

MENTAL HEALTH FOR ALL

No stigma. Completely anonymous.

Meet **WYSA** - your personal wellbeing AI coach to help you take charge of your mental health and build resilience via a clinically validated structured program. It's **non-judgemental, private** and available **FREE** for you!



What will you get with Wysa?



24/7 access to
empathetic AI
chatbot



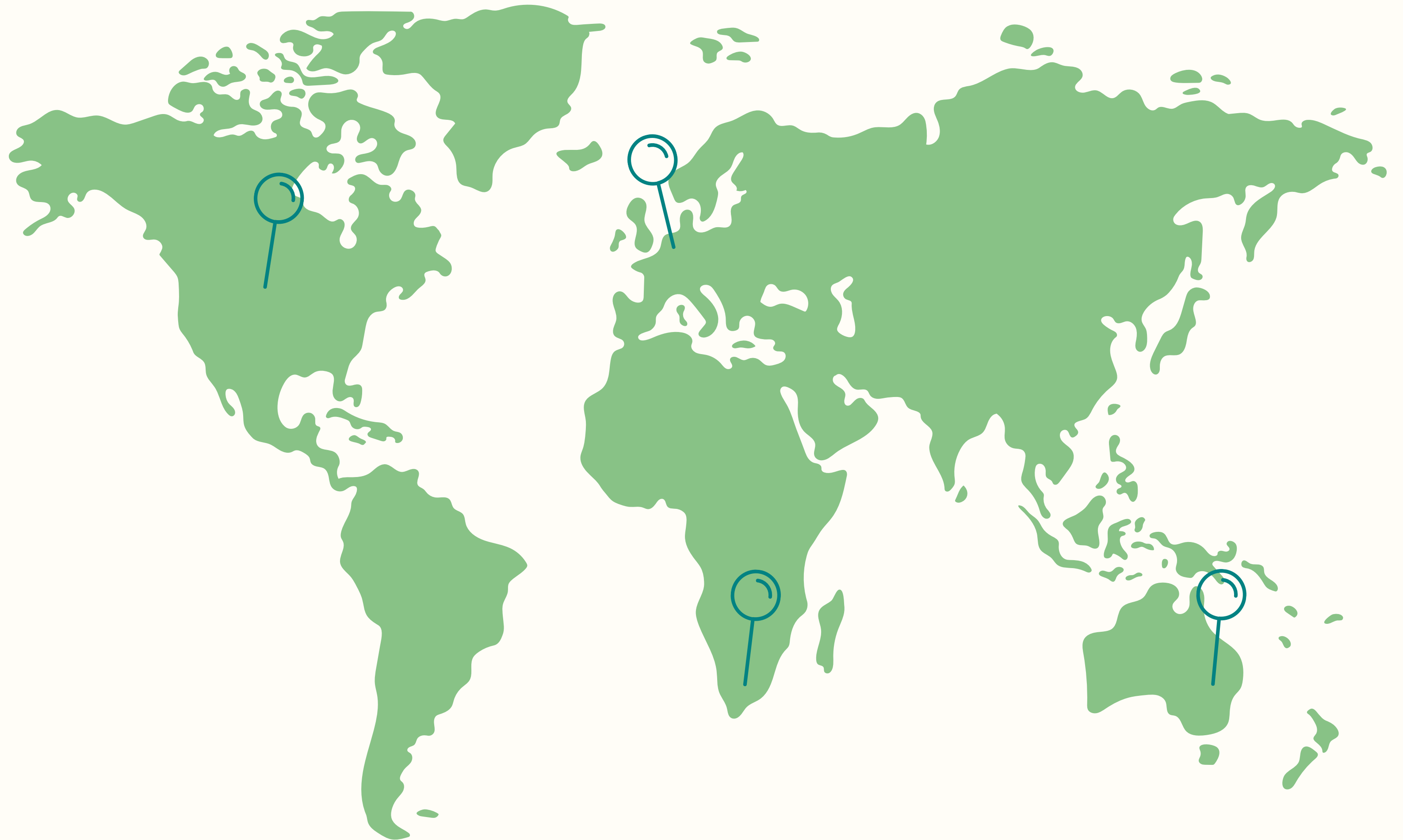
Library of **150+**
science backed
self-care tools



Daily check-ins to
help build a routine



Roadmap with your
wellbeing goals



Strategic Integration



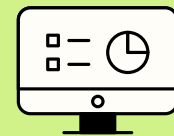
- Needs before tools
- Access plus connection
- Entry point, not replacement
- Evaluate safety and reach



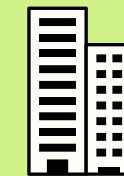
What can higher education institutions do?



Create one digital front door for student support.



Offer support across channels.

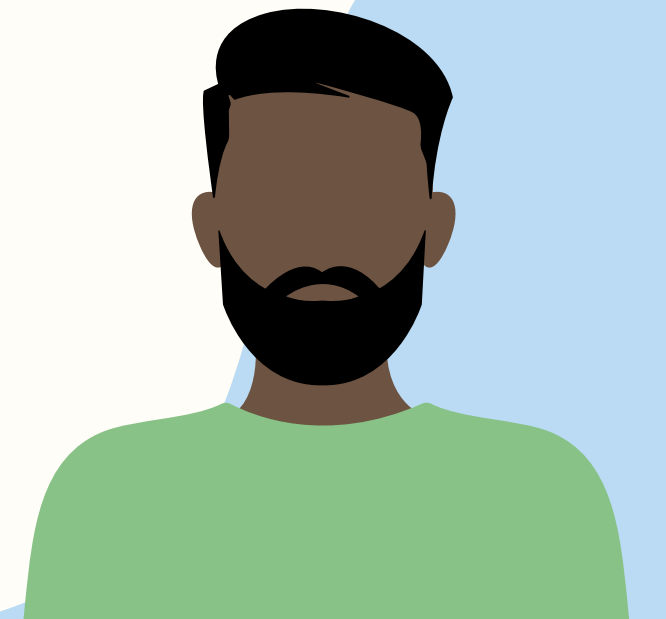


Use digital tools for prevention and navigation.

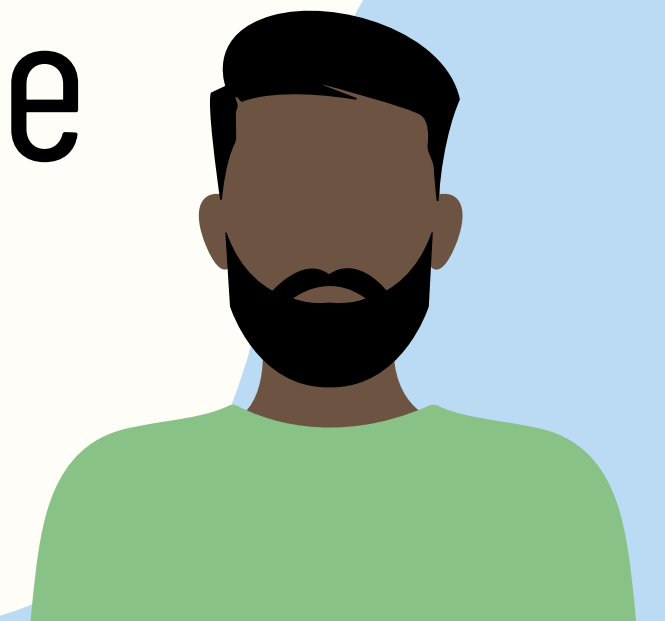


Design digital learning for wellbeing.

Takeaway



The key task for institutions is to connect digital access, human care and support pathways into one system that is clear, accessible and reliable for students.



Further reading...





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Contact Info

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