# University Mental Health ~~Day~~ Week

JOIN US FOR A WEEK OF EVENTS
9th - 12th March 2026

#UniMentalHealthDay is on Thursday 12th of March 2026.

This year, the theme is 'Human Connection'. Connection is what makes us human and we want to remind all students and staff that support and community are here. Let's connect to make change - join us to create meaningful connections and build our Hallam community.
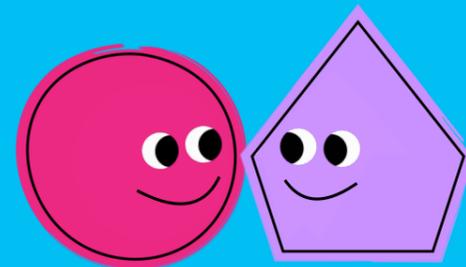
SOCIAL SOUPS
Monday 9th March, 2-3pm

A chance to meet, eat and learn!

Join our Head Chef for a fun, cooking based activity to bring people from our Hallam community together. This is a beginners course offering a chance to learn new skills and meet new people, in a fun safe environment.

THE BIG SOCIAL KNIT
Tuesday 10th & Wednesday 11th March, 12-2pm

Join us at Hallam Students' Union, Charles Street to connect with others from the Hallam Community, learn a new skill and do something charitable!

Experienced knitter? Great! Help us making baby bonnets to donate to Sheffield Children's Hospital.

Can't knit? Come and learn a new skill from our volunteer knitters, no pressure to create, just have a go!

Don't want to knit? That's OK! Join our social space to connect with others, no knitting required.

LOOK AFTER YOUR MATE
Thursday 12th March, 1-3.30pm

Have you ever been worried about a friend?

In this workshop from Student Minds, learn practical tips on how to support a friend, how to start a conversation and signpost to support whist looking after your own wellbeing. It even counts towards the Hallam Award.

student minds

MOCKTAIL MAKING
Thursday 12th March, 4-5pm

Join our resident mixologist in Hallam Central for a fun, free, interactive mocktail making class.

You will make two delicious mocktails in a one-hour seminar. We'll even provide some nibbles!

A chance learn new drinks mixing skills, make new friends and try something different. If a mocktail espresso martini or elderflower mojito is for you, come and join us!

Sheffield Hallam University
Knowledge Applied

Hallam Students' Union

Student Wellbeing & Belongong

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EAT

Campaign to End Loneliness

Find out more and book onto events:

shu.ac.uk/wellbeing/events