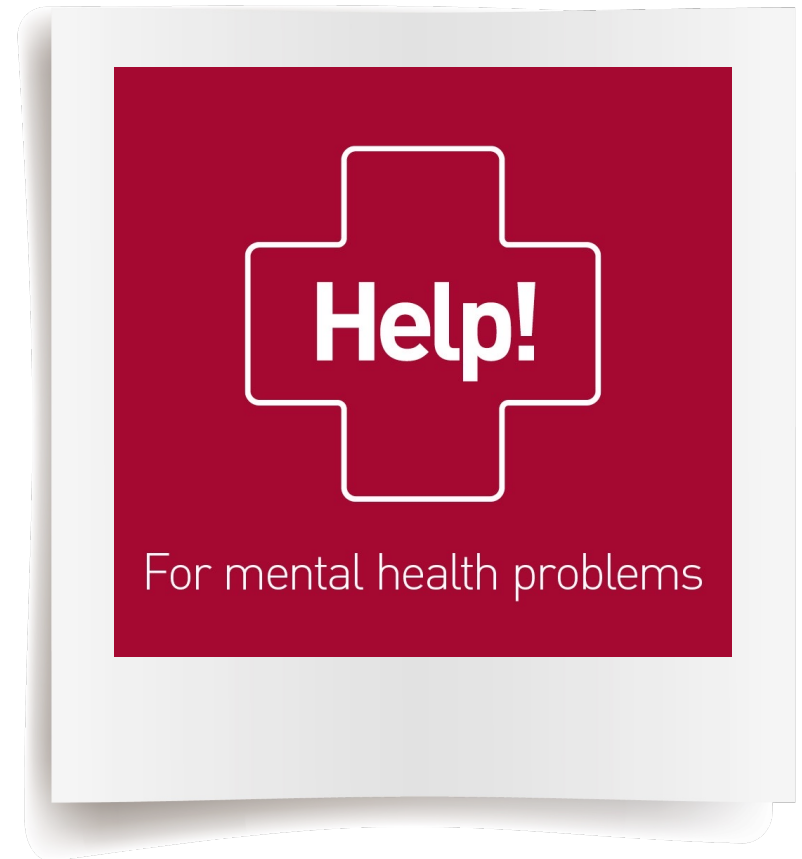




AF Bostäder

- **Elin Svensson Social coordinator at AF Bostäder**
- **Student housing company in Lund, Sweden**
- **Approximately 6000 student housings, mixed corridor rooms and apartments**
- **63 employees**
- **Focus on sustainability**
 - Environmental
 - Economic
 - Social

- **Over 50% of students suffer from mental health problems**
- **What could AF Bostäder do?**



- **Started 2020**
- **Information site on the webbsite**
 - What is mental health problems?
 - Where can i get help?
 - Short information films
 - Social media
- **Mental health first aid to all employees**
- **AF Bostäder is not going to treat mental health problems but we can show the right direction to help**



- **Partners, Student Chaplains in Lund and Mindler**
 - Lectures online about mental health
- **Mental health improves from good physical health**
 - Partnered with LUGI motion
 - Step count challenge
 - Walking excursion
 - Sport series – soccer, floorball and volleyball



Tack!

