

THE HAPHE INITIATIVE

PRE--UPSTREAM PROJECT 2025/26

Through ethnographic research with over 800 students, a quiet thread kept repeating: This initiative was shaped by listening, not to problems, but to patterns.

What was found; When one part of life is 'over invested in', even small changes or loss can feel like collapse.

Before stress builds.
Before warning signs show.
Before anything feels wrong,
that's where HAPHE is.

This is where HAPHE University Student teams work.

Not at the edge. Not after the fall.

But in the space no one talks about, the space before.

We call it pre-upstream, where trauma and anxiety prevention really begins.

And it's not just what we do this year, then on to the next,
It's who we are.



JONATHAN HAYES