



Increasing Anxiety awareness in higher education during (post) Covid-19 pandemic



www.awareformentalhealth.eu/

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About the project

Mental health and well-being of students in higher education is an increasing concern, especially in the aftermath of the COVID-19 pandemic which had a considerable impact on them. Anxiety and depression are the two most common reasons for which students seek mental health services. However, professionals who interact with students the most, such as Higher Education institutions' (HEIs) staff, are not trained to recognise or work with anxiety among students.

The AWARE project aims to equip staff with the needed tools, resources and knowledge to recognise, manage, and support students with anxiety. In addition, to develop and improve anxiety management skills among students, while expanding emotional competence and positive attitudes, as well as, accommodate the anxious students in HE Institutions by increasing knowledge and skills among the rest of their surroundings.

The project has a duration of 24 months (1/12/2022-30/11/2024).



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In this project, the Consortium includes the following partners:



Aims & Objectives

The goal of the project is to **increase anxiety / mental health awareness among Higher Education institutions staff and students.**

More specifically, the project aims to:

- Equip staff with the needed tools, resources and knowledge to recognise, manage, and support students with anxiety.
- Develop and improve anxiety management skills among students, while expanding emotional competence and positive attitudes.
- Accommodate the anxious students in HE institutions by increasing knowledge and skills among the rest of their surroundings.

Expected Results

- 1 To develop **Good Practice Guidelines** to identify and explore good practices of mental health/anxiety awareness in Higher Education institutions;
- 2 To develop an **awareness raising handbook**, including a guide on recognising anxiety among students, and a guide on developing skills of managing anxiety;
- 3 To develop **training (seminars on an e-training platform)** of relevant staff in order to improve their anxiety management skills and successfully transfer them to the students;
- 4 To **raise awareness** among relevant stakeholders and the wider public on the importance of mental wellbeing in HEi.

Target Groups

- Professionals working as HEi staff, students, practitioners in the field of creative methods applied to education;
- Researchers in the field of education, creative-based educational methods;
- Organisations working in the field of mental health;
- Stakeholders working at policy-level, to encourage the implementation of programmes aiming to support the development mental health awareness in HEi programmes;
- NGOs contributing to the development of research and policies on mental health awareness;
- University departments of educational science, psychology, sociology, art etc., public and private social research organisations active in these fields;
- Think-thanks, scientific journals in the education professions sector;
- Local, regional and public authorities;
- Media and press at local, regional and national level.