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## PRESS RELEASE

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### AWARE Project presented at local and international events

The **AWARE project**, an Erasmus+ initiative dedicated to **promoting anxiety and mental health awareness among Higher Education Institutions' staff and students**, runs dissemination activities on local and international levels to spread knowledge and best practices in mental health care to a broader audience.

The primary goal of the AWARE project is to foster a supportive and empathetic environment within European Higher Education Institutions, ensuring that mental wellbeing remains a top priority for both students and staff.

Partners have made many efforts to increase local and regional reach by presenting the project during face-to-face and online events. More specifically, the AWARE project was presented during the "Power of Community" Event in Cavan, Ireland, on the 3<sup>rd</sup> of March 2023 and on the 15<sup>th</sup> of October 2023 during the online symposium on MENTAL HEALTH IN HIGHER EDUCATION: STATE OF PLAY AND CHALLENGES. Partners also held several meetings with academics, researchers, stakeholders and policymakers to discuss the project. UNIVERSIDAD DEL PAIS VASCO/ EUSKAL HERRIKO UNIBERTSITATEA from Spain presented the project to the psychological counselling services of the Basque Government and the University of the Basque Country and future secondary school teachers in Bilbao. In Cyprus, CARDET met with academics and researchers from the School of Education at the University of Nicosia. The project description also featured in [the "Oistos" Newsletter](#) published twice a year by the Department of Pedagogical Studies of the University of Nicosia and received by around 5,000 individuals. The purpose of the Newsletter is to brief the academic community about the Department's activities, while at the same time, providing an opportunity for the faculty and students of the Department to express their thoughts and concerns on current issues.





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With the aim of informing the global community about the AWARE project, the partners published on the Electronic Platform for Adult Learning in Europe (EPALE) [the project description](#) in English as well as the comprehensive [Good Practices Guidelines](#).

### About the AWARE project

The AWARE project is being implemented by five European organisations: SPOŁECZNA AKADEMIA NAUK, KMOP - EDUCATION AND INNOVATION HUB, CARDET, SPECTRUM RESEARCH CENTRE, and UNIVERSIDAD DEL PAIS VASCO/ EUSKAL HERRIKO UNIBERTSITATEA. It aims to support student mental health and wellbeing in Higher Education Institutions (HEIs).

The project Consortium developed the dedicated website to promote project goals, results and activities: <https://www.awareformentalhealth.eu/>. The website is available in English and all partner languages (Greek, Polish and Spanish). It provides a wealth of resources, updates, and insights into the ongoing efforts to raise mental health awareness and foster a supportive environment in higher education settings.

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

