



PRESS RELEASE

November 2024

Final Conference of the AWARE Project - Increasing Anxiety awareness in higher education during (post) Covid-19 pandemic

The AWARE project is pleased to announce the successful conclusion of its Final Conference, which took place in Warsaw, Poland on the 15th of November 2024. The conference focused on addressing mental health challenges, particularly anxiety, in higher education during and after the Covid-19 pandemic. The event brought together project partners and experts to share insights and results from their work in capacity building, awareness raising, and experience sharing.

The conference began with a welcome and introduction to the theme. Then all of the partners got the chance to introduce their organizations. From there we moved onto the presentations about the specific results achieved through this project -

- **WP2 – Capacity Building Activities**
This session focused on the development of tools to support educators in addressing mental health challenges in the post-pandemic academic landscape.
- **WP3 – Awareness Raising Handbook**
The session introduced a handbook designed to raise awareness and equip educators with strategies to support mental well-being in the classroom.
- **WP4 – Connecting and Experience Sharing**
This presentation highlighted efforts to connect educators, researchers, and mental health professionals to foster collaboration and the exchange of best practices.

During the conference, the participants also had the opportunity to take part in our special workshop that revolved around mental health case studies. The discussion explored practical strategies for supporting mental health in higher education. Attendees engaged in an interactive conversation on creating a supportive academic environment. The final segment included audience questions, followed by a summary and evaluation emphasizing the importance of continued collaboration in addressing anxiety and mental health in education.

The AWARE project consortium extends its gratitude to all partners, speakers, and attendees for contributing to the success of this event. The project continues to play a vital role in advancing mental health awareness in higher education across Europe.

Find additional information and material about the project on the website

<https://www.awareformentalhealth.eu/>

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