



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

## Project finale: Wrapping up our journey!



The AWARE project is an Erasmus+ initiative. It focuses on promoting awareness of anxiety and mental health. The project targets both staff and students in Higher Education Institutions.

### Multiplier event in all countries

We are excited to announce that all partners **successfully held multiplier events** in their countries, each attracting a large number of participants. During these events, we presented the **project's results and raised mental health awareness** within Higher Education Institutions. We also disseminated the project's objectives and final goals, **sharing the materials** created throughout the initiative. These activities have effectively spread our mission both locally and internationally.

### Project summary

As the project comes to an end, it has successfully bridged the gap in **mental health awareness among students in higher education institutions** (HEIs) across Europe, with a specific focus on **anxiety**. Through extensive research and the development of practical resources, the project has **increased the abilities** of Higher Education staff to identify and manage student anxiety. These efforts have culminated in an approach that promotes sustained mental well-being in HEIs, ensuring that both educators and students are better equipped to handle anxiety-related challenges moving forward.

### What we achieved during the multiplier event:

- Held great interactions and meaningful conversations with a broad audience.
- Disseminated the project's results and materials.
- Received very positive feedback from participants.

### What we achieved in this project:

- We created **good practice guidelines** based on research and needs assessments to improve mental well-being approaches in higher education.
- We developed a **raising awareness handbook** as a methodological guide to recognise and manage anxiety in HEIs.
- We **trained** HEI staff to mentor students effectively in anxiety management and to increase mental health support within institutions and also students to manage feelings of anxiety and mental health issues.
- All the project's partners attended the **final conference** in Warsaw, Poland to present and discuss the project's results.

Follow the [link](#) to the English version of the project's website. The web page is also available in Polish, Greek and Spanish.

We are delighted that we have completed every stage of the AWARE project. This confirms our dedication to raising awareness of mental health issues and establishing a solid basis for new projects in higher education.

We are grateful for this journey in mental health awareness

# Thank you!