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PRESS RELEASE

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AWARE multiplier event elevates understanding of mental health in higher education in Ireland

We are excited to announce the success of our recent multiplier event for the AWARE Project, which took place in Cavan, Ireland organised by Spectrum Research Centre to coincide with World Mental Health Day on 10th October 2024. The event was held on-site at Cavan Institute and focused on raising awareness of mental health and improving access to local mental health support within higher and further education communities. The event attracted a diverse audience of students, academic staff, and mental health professionals.

The AWARE Project event addressed a broad spectrum of issues impacting student mental health, covering topics such as:

- **Recognising and managing symptoms of anxiety**
- **Exploring proven mental health practices**
- **Identifying your triggers and how best to cope with stress and anxiety**

We focused on how to recognise and manage symptoms of anxiety and explored recommended best practices with a series of keynote inputs from mental health professionals. We also used the event to share the AWARE Awareness Raising Handbook, designed as an essential resource for both staff and students and demonstrated the five new modules on the AWARE eplatform which is a valuable, self-guided resources on mental health and well-being.

Find additional information and material about the project on the website

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

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