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PRESS RELEASE

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AWARE Project Multiplier Event to Enhance Mental Health Awareness in Cyprus

Nicosia, Cyprus – November, 2024 – CARDET proudly hosted at the premises of the University of Nicosia, a successful multiplier event on October 4th from 16:00 to 20:00, as part of the AWARE project, an Erasmus+ initiative (2022-1-PL01-KA220-HED-000087038) dedicated to enhancing anxiety and mental health awareness among staff and students in Higher Education Institutions (HEIs).

The AWARE project aims to equip HEI staff with the necessary tools, resources, and knowledge to support students with anxiety, while also developing students' anxiety management skills and emotional competence. This initiative fosters a supportive environment for anxious students by increasing awareness and skills among their peers and educators.

The project lead delivered a comprehensive and engaging session, achieving the primary goal of raising awareness about anxiety and mental health among HEI students. Participants actively engaged in discussions and activities, gaining a deeper understanding of anxiety management.

Overall, the AWARE project multiplier event successfully empowered HEI students and staff with the knowledge, skills, and connections needed to effectively manage anxiety and support mental health. The high ratings and positive comments underscore the event's success in achieving its objectives and making a positive impact on the participants.

For more information about the AWARE project, please visit the website:

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

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