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PRESS RELEASE

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AWARE Project- Increasing mental health awareness in higher education

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.

Project Highlights:

- 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.

Final note:

Recognising a lack of effective practices and policies at national and regional levels to address mental health awareness in higher education, this project was initiated to fill that gap at the EU level. Through collaborative research and resource development, it has established a foundation for ongoing support and improvement in student mental health services across Europe.

Find additional information and material about the project on the website

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

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