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PRESS RELEASE

October 2024

Successful AWARE National Multiplier Event Held at the University of the Basque Country

Bilbao, October 16th, 2024 – The Faculty of Education at the University of the Basque Country (UPV/EHU) hosted a highly successful AWARE National Multiplier Event, drawing in 51 participants, including students, faculty members, and university leaders. The event, part of the broader AWARE initiative to enhance mental health awareness in higher education, was strategically promoted through bulletin boards, campus posters, and targeted messages, ensuring widespread participation from the university community.

Esteemed mental health experts Professors Naiara Ozamiz and Nahia Idoaga led the event with thought-provoking presentations that addressed the pressing mental health challenges faced by students and faculty in academic settings. Leveraging their expertise, the professors fostered an open and supportive atmosphere, which encouraged participants to engage in candid discussions about mental health. This setting enabled meaningful dialogue, allowing attendees to share insights and best practices.

A highlight of the event was the introduction of the AWARE MOOC, an innovative online platform developed to support mental health and well-being in higher education. Participants were given an overview of the platform's resources, including key modules focused on raising mental health awareness, self-care strategies, and building supportive learning environments. The presentation of this digital resource demonstrated its potential to enhance participants' professional development and provide valuable tools for addressing mental health in educational settings.

The event took place in the "Cultural Wednesdays" space at the Faculty of Education, a popular venue for workshops and presentations relevant to the university community. By integrating the AWARE event into the "Cultural Wednesdays" series, organizers reached a broader audience, sparking greater interest and engagement among students and faculty. This initiative contributed to creating a vibrant environment conducive to learning, idea-sharing, and community building around mental health topics.

Event Agenda and Highlights:

- **Date:** October 16th, 2024
- **Location:** Faculty of Education, University of the Basque Country (UPV/EHU)
- **Duration:** 1.5 hours





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- *Registration & Welcome* – Opening remarks by the Dean of the Faculty of Education
- *Presentation of the AWARE MOOC Platform* – Introduction to the platform’s mental health and well-being resources
- *Project Results Overview* – Presentation of the newly developed educator’s handbook
- *Interactive Discussion* – Engaging conversation on mental health initiatives and best practices
- *Closing Remarks & Feedback* – Final reflections and participant feedback

Participant Profile and Feedback: The event’s attendees were predominantly female and included future educators, faculty members, and representatives from UPV/EHU’s psychological support services. Notable attendees included the Dean and Vice Deans of the Faculty of Education, whose involvement underscored the event’s importance within the university. Their collective participation fostered a collaborative learning environment, supporting the sharing of knowledge and mental health best practices within the academic community.

Positive Feedback and Takeaways: Feedback from participants reflected a high level of satisfaction with the event’s content and delivery. Of those surveyed:

- **66%** fully agreed that the event met their expectations,
- **92.5%** felt the speakers were highly knowledgeable and engaging,
- **79.2%** acknowledged the relevance of the topics to their professional interests, and
- **83%** expressed a high likelihood of recommending the AWARE resources to colleagues.

The AWARE National Multiplier Event in Bilbao successfully enhanced mental health awareness within the academic community, equipping future and current educators with valuable insights and resources. The positive response from attendees underscores the importance of continued efforts to support mental health in educational settings, and plans are already underway to enhance participant engagement in future events.

For more information about the AWARE project, please **visit the AWARE e-Platform:** <https://aware-mooc.eu/>

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