AWARE Project multiplier event elevates understanding of mental health in higher education in Greece

We are excited to announce the success of our recent multiplier event for the AWARE Project, which took place in Greece and was organised by KMOP Education and Innovation Hub. The event was held on-site at the French Institute in Athens on the 3rd of October 2024. Focused on improving mental health support within university communities, the event attracted an audience of higher education 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**
- **Sharing recent research findings in the field**

In the multiplier event, we addressed a broad spectrum of issues that have an impact on student mental health. We focused on how to recognise and manage symptoms of anxiety, explored the best practices, and shared its research findings. We introduced the attendees to the Awareness Raising Handbook, designed as an essential resource, and informed them about its online availability. Additionally, we shared detailed information on new e-training modules, including access to the training platform, which provides valuable, self-guided resources on mental health and well-being. The event also included presentations by expert psychologists and other professionals, who shared their experiences in promoting young people's well-being and the essential role of support networks in the academic environment.

Find additional information and material about the project on the website
https://www.awareformentalhealth.eu/