



Increasing Anxiety awareness in
higher education during (post)
Covid-19 pandemic



Introducing the **AWARE** Project

About the Project

AWARE is an Erasmus+ initiative aiming to equip Higher Education institutions' staff with the necessary tools, resources, and knowledge to recognize, manage, and support students with anxiety. Our mission also includes developing and improving anxiety management skills among students, expanding emotional competence and positive attitudes, and accommodating anxious students in HE Institutions by increasing awareness and skills among their surroundings.

Our Kick-Off Meeting

On February 3, 2023, we had our kick-off meeting online, marking the beginning of a collaborative effort to increase anxiety/mental health awareness among Higher Education Institutions' staff and students. Representatives from Poland, Greece, Cyprus, Ireland, and Spain came together online to discuss project implementation and set the foundation for future activities.



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

Where Are We Now?

At this stage of the project, we are finalizing WP2 - **Capacity Building Activities**. The aim of this work package was to create Good Practice guidelines for promoting mental wellbeing in European Higher Education institutions. Through desk research and identifying successful practices in mental wellbeing, we have developed guidelines adapted for use in countries without such practices, while also assessing knowledge and skills gaps. Our approach aims to mainstream holistic mental health in education and inform policy through open educational resources. The package includes desk research, policy guidelines, small-scale research, and the finalization of the Good Practice Guidelines.

Our Next Steps

The next step is to develop WP3 - **Awareness Raising Handbook**. This work involves evaluating current mental health wellbeing programs in HE institutions through desk research using diverse sources like peer-reviewed articles, reports, and websites. Additionally, we will organise meetings and consultations with stakeholders, including HE staff, policy makers, and students. The Handbook, consisting of four modules, will then undergo piloting in multiple HE institutions, and we'll consider beneficiaries' feedback for refinement. The final version will be disseminated online and through social media channels for a wider reach.

Stay Tuned for More Updates!

As the AWARE Project progresses, we'll keep you informed about our achievements, milestones, and future activities. Together, we can make a difference in supporting students' mental well-being in Higher Education!

