

# CARE + CONNECT

Delivering Mental Health Supports in Higher Education Institutions across Europe



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Project No: 2025-1-PL01-KA220-HED-000357751

In higher education institutions across Europe, students are facing increasing levels of stress, anxiety and mental health challenges. Academic pressure, social isolation, digital overload and limited access to support services all contribute to a growing need for structured, accessible and inclusive mental health interventions.



## About the Project

CARE + CONNECT is a two-year Erasmus+ cooperation partnership project designed to address this challenge by strengthening mental health support systems within Higher Education Institutions (HEIs). The project began on 1 October 2025 and will run until 30 September 2027. It brings together six partner organisations from across Europe to co-create practical, evidence-based mental health tools that can be embedded directly into university environments.



## CARE+CONNECT will

- Deliver an 8-module online iCBT programme for higher education students
- Establish structured peer support networks for students and HEI staff
- Create safe spaces for open mental health conversations within universities
- Train staff and students in mental health awareness and early intervention
- Support HEIs to embed sustainable mental health practices into their structures

## CARE + CONNECT Programme

CARE+CONNECT is a two-part learning programme designed to strengthen mental health support in higher education.

- **CARE** focuses on individual well-being through an Internet-based Cognitive Behavioural Therapy programme that helps students build emotional resilience and manage anxiety.
- **CONNECT** complements this by developing peer support networks and conversation spaces within universities, enabling students and staff to support one another and normalise open discussions around mental health.



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## CARE Programme

the CARE Programme will deliver a multilingual, online iCBT course specifically adapted to the realities of higher education life. The CARE Programme will support students to:

- Better understand anxiety, stress and emotional wellbeing
- Build coping strategies and emotional resilience
- Access mental health support in a flexible, self-paced and stigma-free way
- Develop practical tools they can apply in academic and personal contexts

## CONNECT Programme

The CONNECT Peer Programme focuses on strengthening peer-to-peer and professional support within HEIs. The CONNECT Programme aims to:

- Establish student-to-student peer support networks
- Create professional-to-professional peer learning communities for HEI staff
- Facilitate Conversation Cafés and peer-led discussion spaces
- Provide training in active listening, mentoring and mental health first response

## Meet the Partners

- **SPOŁECZNA AKADEMIA NAUK** (University of Social Sciences) – Poland (Project Coordinator)
- **Spectrum Research Centre** – Ireland
- **University of the Basque Country** – Spain
- **Institute of Development Ltd** – Cyprus
- **University of Paderborn** – Germany
- **National University of Science and Technology POLITEHNICA Bucharest** – Romania



## Get involved

Over the coming months, CARE + CONNECT will engage:

- Higher education students
- Academic and support staff
- University leadership
- Mental health professionals and policy stakeholders

Opportunities to participate will include pilot trainings, peer programmes, workshops and dissemination events in each partner country.



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