

CARE + CONNECT

Delivering Mental Health Supports in Higher Education Institutions across Europe



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Launched in October 2025, CARE + CONNECT is cooperation partnership project in Higher Education, funded under the Erasmus+ Programme (KA220-HED). The project addresses one of the most pressing challenges faced by Higher Education Institutions (HEIs) across Europe: student mental health, with a particular focus on anxiety and wellbeing.

CARE+CONNECT aims to build inclusive, supportive, and sustainable mental health ecosystems within HEIs by combining evidence-based psychological support with structured peer mentoring networks.

CARE+CONNECT seeks to:

- Improve access to mental health support for higher education students experiencing anxiety and related challenges
- Strengthen institutional capacity of HEIs to respond to mental health needs in an inclusive and sustainable way
- Develop and implement an accessible CARE Programme, based on evidence-based Cognitive Behavioural Therapy (iCBT) principles
- Establish the CONNECT Peer Programme, fostering peer-to-peer and professional-to-professional support networks within HEIs
- Raise awareness and reduce stigma around mental health through dialogue, training, and community engagement
- Promote long-term institutional change by embedding mental health awareness into HEI policies, practices, and cultures

The CARE+CONNECT project primarily targets higher education students, particularly those experiencing anxiety and mental health challenges, as well as academic and professional staff. Indirectly, the project addresses Higher Education Institutions, mental health professionals, student organisations, policy makers, and other stakeholders in the fields of education, inclusion, and mental health, contributing to more supportive and inclusive higher education environments across Europe.



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