

PRESS RELEASE 2

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CARE + CONNECT

Delivering Mental Health
Supports in Higher
Education Institutions
across Europe

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CARE+CONNECT Partners Meet in Warsaw to Launch Development Phase

Following its official launch in October 2025, the CARE+CONNECT partnership recently met in Warsaw, Poland, for its first Transnational Project Meeting (TPM) on 10 February 2026.

The meeting marked an important step in moving from project planning to implementation. Partners worked collaboratively to outline the next stages of the project and to coordinate the development of the two core components: the CARE digital iCBT programme and the CONNECT peer support framework.

During the meeting, the consortium agreed on the structure, content development timeline, and quality assurance procedures for both programmes. Particular attention was given to ensuring that the CARE online course is accessible, evidence-based, and tailored to the realities of higher education students, while the CONNECT programme will establish structured peer support networks and introduce Conversation Cafés within partner institutions.

The Warsaw meeting also provided an opportunity to align dissemination strategies, stakeholder engagement plans, and upcoming milestones for 2026.

In the coming months, partners will begin developing the first modules of the CARE programme and designing the training materials and facilitation framework for CONNECT. Pilot preparation and stakeholder consultations will follow later in the year.

CARE+CONNECT continues to work towards strengthening mental health support systems in Higher Education Institutions across Europe by combining digital psychological tools with inclusive peer-led approaches.



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