

CARE + CONNECT

CARE+CONNECT Takes the Next Step Towards Stronger Student Mental Health Support



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The CARE Programme combines clear explanations with practical activities to help students recognise patterns that affect their wellbeing, develop healthier coping strategies, strengthen emotional resilience and apply evidence-informed techniques in everyday situations. Its structured approach complements support provided by Higher Education Institutions.

This milestone reflects collaboration between CARE+CONNECT partners across participating countries, ensuring that the programme responds to students' lived experiences and serves institutions, professionals and wider student communities.

The CARE Programme will be available through the official CARE+CONNECT website. Alongside its launch, the consortium is continuing work on the CONNECT peer support framework, stakeholder engagement and the next stages of dissemination and implementation.

The next phase will build a stronger culture of peer support in Higher Education Institutions through two networks under the CONNECT Peer Programme:

- Professional-to-Professional: connecting HEI staff and mental health professionals to exchange knowledge and best practices, strengthen cross-disciplinary communication, build staff resilience and emotional intelligence, and develop clear referral and escalation pathways for early intervention.
- Student-to-Student: training students in peer mentoring, active listening, empathy and mental health first aid so they can offer confidential, accessible guidance, recognise early signs of distress and connect peers with appropriate support.

Through transnational and national capacity-building workshops, HEI staff and students will develop practical skills in peer support, active listening, emotional intelligence and mental health first aid. This student-led approach will foster belonging and mutual care, promote early intervention and help reduce isolation among students facing mental health challenges.

With the new academic year ahead, CARE+CONNECT sends its best wishes to students, staff and higher education communities across Europe for a healthy, successful and fulfilling year. The project looks ahead to strengthening mental health support systems by combining innovative digital resources with inclusive, community-based approaches.



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