



Co-funded by  
the European Union



## PRESS RELEASE

September 2024

# Launch of the AWARE e-Platform to support Mental Health in Higher Education

We are excited to announce the official launch of the AWARE e-Platform, a comprehensive online resource aimed at supporting higher education professionals in raising mental health awareness and managing anxiety within academic institutions. Developed in response to the mental health challenges exacerbated by the COVID-19 pandemic, the platform is now fully available in Polish, English, Greek and Spanish.

The AWARE e-Platform is designed to equip higher education staff with the knowledge, skills and tools necessary to create supportive and inclusive learning environments. The platform includes five key e-learning modules covering topics such as:

- **Raising Awareness of Mental Health in HEIs**
- **Recognising and Addressing Anxiety**
- **Skills and Strategies for Managing Anxiety**
- **Professional Self-care in the Workplace**
- **Building a Supportive Learning Environment**

The platform encourages higher education staff to engage in conversations about mental health, recognise anxiety in both students and staff, and implement strategies for self-care and resilience. The AWARE e-Platform is targeted at higher education professionals, including teachers, administrators, and counsellors who wish to enhance their capacity to support mental health in academic settings. Each module is accessible at no cost and can be completed in 30 to 90 minutes, offering flexible learning opportunities for busy professionals.

**Visit the AWARE e-Platform: <https://aware-mooc.eu/>**

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 National Agency. Neither the European Union nor the grant provider can be held responsible for them.

