

CARE + CONNECT

Delivering Mental Health Supports in Higher Education Institutions across Europe



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

FROM VISION TO ACTION

CARE+CONNECT is moving forward! Since our first newsletter, the project consortium has made important progress in transforming its objectives into practical resources for higher education. The eight **CARE** Programme modules have been developed and reviewed, marking an important milestone for WP2. At the same time, work has begun on the **CONNECT** Peer Programme under WP3, bringing the project closer to its integrated model of individual, peer and institutional support for mental well-being in higher education.



A major milestone: the 8 CARE modules are ready!

The CARE Programme provides an accessible, evidence-based digital intervention for HEI students experiencing anxiety, stress and related mental-health difficulties. Its eight structured iCBT modules combine psychoeducational content with interactive exercises and guided self-reflection activities based on Cognitive Behavioural Therapy principles.

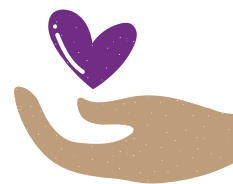


The eight modules address:

- Depression and anxiety awareness
- Cognitive restructuring
- Problem-solving
- Coping strategies
- Behavioural activation and goal setting
- Stress and relaxation
- Self-esteem
- Relapse prevention

LEARNING THAT IS ACCESSIBLE AND PRACTICAL

The CARE Programme is designed to offer flexible, self-paced mental-health support adapted to university life. The modules will be delivered digitally, with subtitles, transcripts and mobile-friendly access, and will be available in six languages: English, Polish, Spanish, Greek, German and Romanian.



Through practical, evidence-based tools, CARE aims to help students strengthen emotional resilience, manage anxiety and stress, and develop skills they can continue using independently



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QUALITY THROUGH COLLABORATION

Developing the modules was only part of the journey. The consortium has also completed the WP2 review process, with partners reviewing the developed modules.

This collaborative approach supported the quality, consistency and practical relevance of the learning materials before they move to the next stages of implementation. Peer review is an important element of the CARE+CONNECT training philosophy, which emphasises evidence-based content, consistency and high-quality delivery across the partner countries.

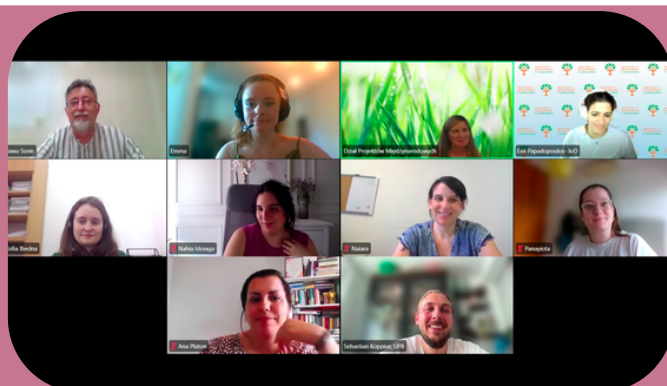
NEXT STEP: THE CONNECT PEER PROGRAMME

With WP2 reaching this important milestone, CARE+CONNECT is moving ahead with **WP3 – the CONNECT Peer Programme**.

CONNECT complements the individual support offered through CARE by strengthening the social and institutional dimensions of mental well-being. It will establish structured peer-support networks and equip students and HEI staff with skills for safe, role-appropriate support, active listening and appropriate referral.

CONNECT will bring people together through:

- **Student-to-Student peer support**
- **Professional-to-Professional peer networks**
- Training in active listening, emotional intelligence and mental-health awareness
- **CARE+CONNECT Conversation Cafés** – safe spaces for dialogue and peer support



BUILDING A CULTURE OF CARE AND CONNECTION

The consortium has started developing the CONNECT programme content, laying the foundations for its future training and peer-support activities. By creating structured peer networks and safe spaces for conversation, CONNECT aims to reduce isolation and stigma, encourage early help-seeking and strengthen students' sense of belonging. Together, CARE and CONNECT combine individual self-management with community-based support, helping HEIs build a more supportive and sustainable culture of mental well-being..



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