

# CARE + CONNECT

## CARE+CONNECT Completes the Development of the CARE Programme



**CARE + CONNECT**

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The CARE+CONNECT consortium is pleased to announce the successful completion of the CARE Programme, one of the project's main outputs designed to support the mental health and wellbeing of higher education students across Europe.

Over the past months, project partners have worked collaboratively to develop an evidence-informed digital programme based on Cognitive Behavioural Therapy (iCBT) principles. The programme has been designed to provide accessible, practical and inclusive support for university students experiencing anxiety, stress and other common mental health challenges.

The CARE Programme consists of a series of structured modules that aim to help students:

- Better understand anxiety and emotional wellbeing.
- Develop practical coping and self-management strategies.
- Build resilience and emotional regulation skills.
- Improve everyday wellbeing through evidence-based techniques.
- Access mental health support in a flexible and user-friendly format.

The completion of the CARE Programme represents a significant milestone for the CARE+CONNECT project and reflects the close collaboration of all project partners throughout its development.

The programme will soon be available through the official CARE+CONNECT website, allowing higher education institutions, students and other stakeholders to access its resources and learn more about the project's approach to supporting student mental health.

Alongside the CARE Programme, partners continue working on the CONNECT peer support framework and the next stages of implementation, dissemination and stakeholder engagement across participating countries.

CARE+CONNECT remains committed to strengthening mental health support systems in Higher Education Institutions by combining innovative digital resources with inclusive, community-based approaches.



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