



MindGuard

MindGuard Project

Start date:

01/12/2024

End date: 31/05/2027



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ALL · · · ·
DIGITAL ·

Project overview

- Mental health **prevention**
- Focused on **higher education settings**
- Promotes a **culture of care** and wellbeing
- Combines research, training, and digital tools



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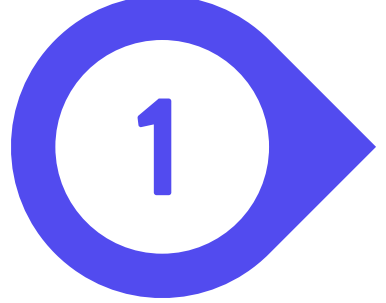
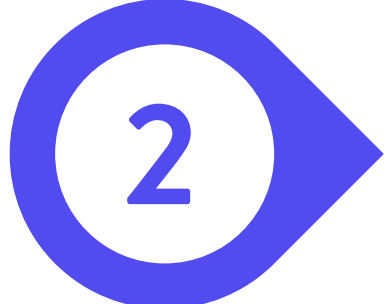

Target groups

- University students
- Academic and teaching staff
- Administrative and support staff
- Mental Health and wellbeing officers



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Project Objectives

-  1 Strengthen mental health first aid capacities
-  2 Reduce stigma and promote early intervention
-  3 Foster inclusive academic environments



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Project main results



Guide for Staff and Educators



Interactive training programme



Virtual reality platform for training delivery



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Transnational Report: research from 5 countries



Ireland



Netherlands



Belgium



Greece



Cyprus



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Transnational Report: results

- None of the partner countries reported the existence of a **unified mental health first aid policy** covering both students and staff.
- Mental health first aid remains **fragmented** and **unevenly implemented**



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Key challenges identified



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3 types of Gaps in Mental Health First Aid

01

Among students

- Limited availability of formal MHFA training
- No integration of mental health education within curricula
- Low accessibility of internal support mechanisms
- Lack of clear protocols and policies related to mental health support

02

Among staff

- Lack of knowledge related to mental health issues
- Insufficient mental health literacy among academic and administrative staff
- Lack of formal MHFA training for staff and limited time availability
- Existing MHFA trainings and policies mainly focus on students mental health, not staff wellbeing

03

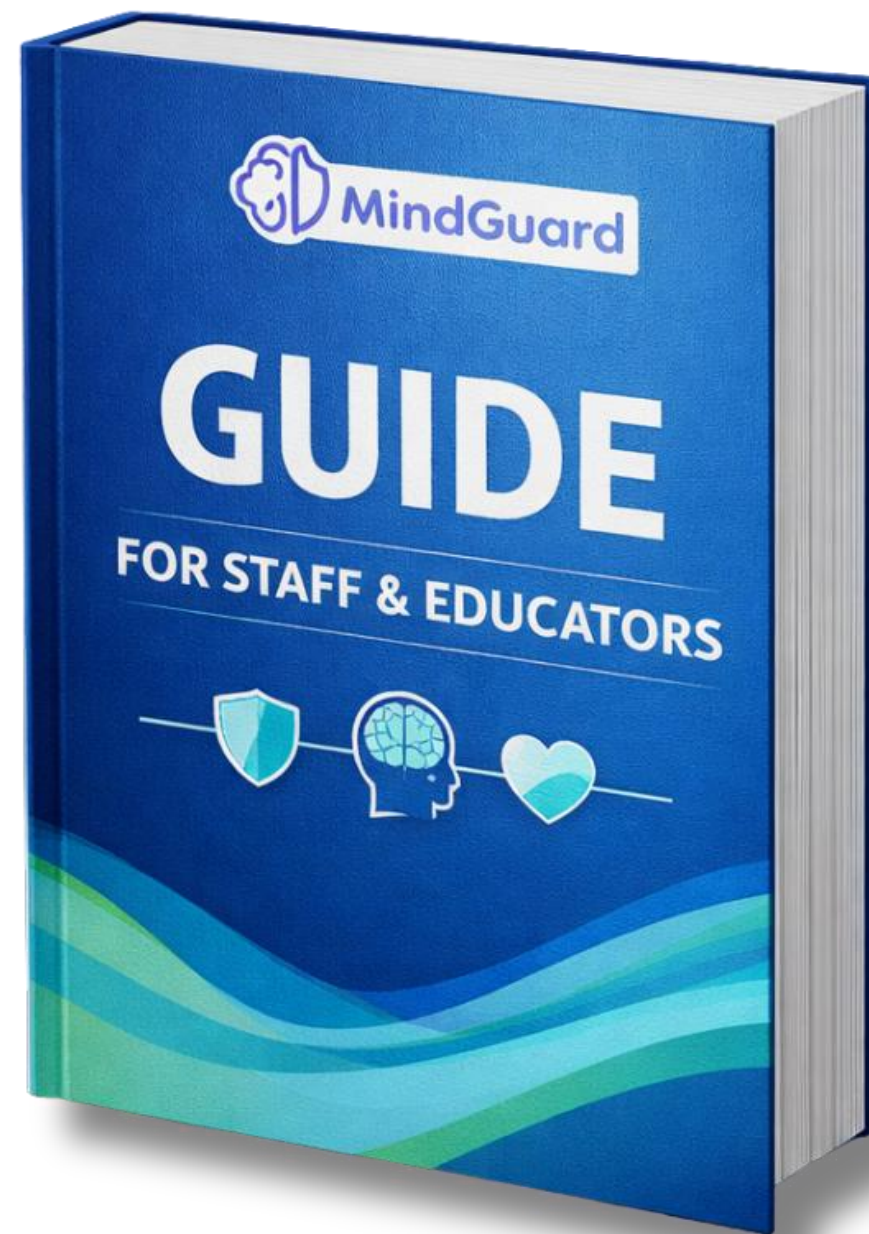
Digital skills

- Limited use of digital technologies and tools for mental health support
- Low digital literacy among both students and staff



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Guide for Staff and Educators



A set of **guidelines & tips** for:

- Implementing **preventative mental health measures**
- Delivering **VR based training**
- Promoting **mental health** and wellbeing **through** the development of **digital skills**



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What comes next?

09-25 March 2026:

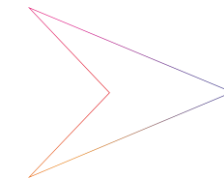
MindGuard interactive webinar, during

• A L L • • • • •
• D I G I T A L •
• *Weeks* • • • •

Stay updated!



<https://mindguard-project.eu/>



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Thank you



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