

Newsletter



A Strategic Approach to Addressing Student Mental Health in Universities



From April 2–4, 2025, the partners of the SUNMENTORS project came together in sunny Athens, Greece, for the third transnational project meeting. This gathering marked a key milestone in the project's journey, as partners focused on refining and finalising the project's core: The educational materials designed to support mental health awareness and resilience in higher education.

Throughout the three days of intensive collaboration, each partner brought their expertise and hard work to the table. Over the past months, teams across Europe have been developing educational content tailored to the actual needs of students and educators, based on findings from earlier work packages. In Athens, the goal was to bring all this effort together, review it thoroughly, perfect it, and make sure that it speaks directly to the people it's meant to help.

In these newsletter we will see:

- Partner Meeting in Athens: Shaping the Future of Mental Health Education
- Looking Ahead



The consortium paid great attention to detail during this phase. Partners discussed how the content would not only be informative but also practical, relevant, and user-friendly. Whether it's used in classrooms, workshops, or online training, the materials aim to make a real difference in the way student mental health is addressed and supported in universities.



But that's not all.

A second important topic during the Athens meeting was the SUNMENTORS digital platform. The team explored how this platform will host the educational materials engagingly and interactively. Rather than simply uploading PDFs or static files, the idea is to turn the learning process into an experience, something that grabs attention, holds interest, and encourages meaningful reflection.

To achieve this, partners discussed interactive features, smart navigation, multimedia content, and ways to make learning accessible and inclusive for everyone. The platform is designed to be more than a digital library; it will be a space where students and educators can engage with the material, test their knowledge, and gain tools they can use in real life.

The energy throughout the meeting was inspiring. Face-to-face conversations sparked new ideas and strengthened the team's shared vision. As the project moves into its next phase, partners are aligned and motivated, ready to bring SUNMENTORS' tools and resources to life.



Looking Ahead

Stay tuned for more updates as we get closer to the platform launch and begin rolling out training activities across partner countries. The work continues, but after Athens, the path ahead is clearer, and the commitment to student mental health is stronger than ever.

Partners



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