



Newsletter - June 2026



Dear reader, welcome to our newsletter!

We are happy to share with you the latest updates from our journey to enhance mental health and well-being in Higher Education. In this edition, you'll find:

- Insights from the MindGuard Training
- A sneak peek at what is coming next
- Our latest blog articles

Would you like to stay up to date with our news and upcoming activities? Follow us on [LinkedIn](#) and [Facebook](#)!

Empowering Higher Education Through Mental Health Prevention Training



The MindGuard project is pleased to share another important milestone in our journey to support mental wellbeing in higher education. Following the successful development and evaluation of the MindGuard Guide for Staff and Educators and the completion of the MindGuard VR platform, the project is now entering its next phase: the implementation of the MindGuard Training Programme.

Mental health challenges continue to affect a growing number of students and staff across European higher education institutions. While support services play an important role, prevention remains equally important. MindGuard aims to strengthen mental health literacy, promote early intervention, and help create supportive and inclusive academic environments where wellbeing is everyone's responsibility.

Introducing the MindGuard Training Programme

The MindGuard Training Programme has been designed to provide practical knowledge and skills that can help participants recognise, understand, and respond to mental health challenges within higher education settings. Two dedicated training pathways have been developed:

Faculty and Staff Training

The faculty and staff programme consists of six interactive modules covering topics such as:

- Understanding mental health and wellbeing in higher education
- Recognising early signs of distress
- Communicating with empathy and confidence
- Mental Health First Aid principles
- Supporting diverse student needs
- Promoting psychologically safe learning environments

The training combines evidence-based content, real-life case studies, practical activities, and opportunities for reflection and discussion.

Student Training

The student programme has been specifically designed to empower students to support both their own wellbeing and that of their peers. Participants will explore topics including:

- Mental health awareness and stigma reduction
- Building resilience and healthy coping strategies
- Peer support and helping conversations
- Recognising when and where to seek help
- Digital wellbeing and healthy online engagement
- Creating supportive student communities

The training aims to increase confidence, encourage help-seeking behaviour, and strengthen students' ability to contribute to a culture of wellbeing on campus.



Virtual Reality for Mental Health Prevention

One of the innovative features of the MindGuard project is the integration of Virtual Reality (VR) into the training experience.

The MindGuard consortium has developed six immersive VR scenarios that allow participants to explore realistic situations related to student and staff mental wellbeing. These scenarios encourage reflection, empathy, and practical problem-solving in a safe and engaging environment.

The VR platform has recently been conducting internal usability testing across all partner countries. Feedback collected during the testing phase is helping the consortium refine the platform and ensure an accessible and meaningful user experience for future training participants.

Master Trainers' Training

The upcoming Master Trainers session, is an essential adaptation of our training modules designed to equip participants with the practical skills and pedagogical tools needed to effectively deliver the MindGuard training programme to faculty, staff, and students.

Led by the University of Nicosia, this session invites each partner organisation to nominate three ideal candidates with backgrounds in mental health, psychology, wellbeing, social work, Student Affairs, or Health & Safety. Upon completion, these certified Master Trainers will step into vital roles as Mental Health First Aiders within partner higher education institutions, lead the rollout of the MindGuard programme, and champion the dissemination of project outcomes across their EU networks.

What's next?



Following the Master Trainers' Training implementation in July 2026, between August 2026 and January 2027, university partner institutions will begin delivering the MindGuard Training Programme to students, faculty, and staff members.

These pilot training activities will provide valuable feedback on the effectiveness, relevance, and usability of the training materials and VR resources. The findings will help further strengthen the MindGuard approach and support its long-term sustainability within higher education institutions.

Working Together for Wellbeing

The MindGuard consortium believes that promoting mental wellbeing requires a collective effort. By combining research, practical training, innovative digital tools, and collaboration across Europe, the project aims to contribute to healthier, more inclusive, and more supportive academic communities.

We would like to thank all partners, stakeholders, evaluators, and participants who continue to support the project and contribute to its development!

Stay connected with MindGuard as we move into the training implementation phase and continue working towards a future where mental wellbeing prevention is embedded within higher education.

Latest news



Empowering Higher Education: An Inside Look at the MindGuard Interactive Training Programme

[Read more](#)



Validating the MindGuard Mental Health Guide

[Read more](#)

Meet our partners



Our project consortium consists of 6 organisations including universities and NGOs, from Netherlands, Belgium, Cyprus, Greece, and Ireland.

[Read more about our partners](#)

www.mindguard-project.eu



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