

Mental Health of University Students

Seed Funding

CLUSTER 1 - Emerging paradigms for health and wellbeing

BACKGROUND:

The mental health of university students has worsened in recent years, with the pandemic having a negative impact on this paradigm. There is an urgent need to take measures to make academic environments sustainable and promote wellbeing, minimizing students' mental health problems.

AIM:

To develop strategies to promote the mental health of university students, contributing to sustainable development and wellbeing.

SDGs

- 3. Good health and well-being
- 4. Quality education
- 5. Gender equality

This project is also in line with the EU GREEN WP8 "Building a truly sustainable and healthy campus".

1st stage:

- To compare the mental health of university students between European countries and the factors that influence it.



2st stage:

- To apply for funding from Horizon Europe for the development of strategies to promote the mental health of university students, contributing to sustainable development.

Preliminary Data

