



# WORKSHOP

# Mental Health & Wellbeing resources from EC2U

Registry



**November 26, 2024**  
**16–18:00h CET**



**Maria João Martins**  
**University of Coimbra**



**Diana Chihaia**  
**University of Iasi**



**Lena Schmitz**  
**University of Jena**



**Verena Enzenhofer**  
**University of Linz**

# **SPEAKERS**



**Anu Mäkelä**  
**University of Turku**



**Sara Mora Simón**  
**University of Salamanca**



**Marion Picker**  
**University of Poitiers**



**Anna Odone /**  
**Giacomo Pietro**  
**Vigezzi**  
**University of**  
**Pavia**

# **Mental Health & Wellbeing resources from EC2U**

# **SCHEDULE**

- 16:00h – 16:15h – Wellbeing and mental health resources at the University of Coimbra
- 16:15h – 16:30h – Well-being and mental health resources from Iasi University
- 16:30h – 16:45h – Healthy Campus at JKUniverse
- 16:45h – 17:00h – Well-being and mental health resources from Uni Jena
- 17:00h – 17:15h – Harmonising mind and body: implementing a comprehensive well-being framework in a University alliance for students, faculty, and staff
- 17:15h – 17:30h – Supporting students and staff. Resources at the Université de Poitiers
- 17:30h – 17:45h – Well-being and Mental Health resources at Usal
- 17:45h – 18:00h – How we promote mental wellbeing at the University of Turku

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Access



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