



Y UTHMINDS

COMPETENCE FRAMEWORK

ENGLISH



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YOUTHMINDS

PROJECT INFORMATION

PROJECT NAME

YouthMINDS | Promotion of Youth Mental Health through Awareness, Prevention & Resilience Building

AGREEMENT NUMBER

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ERASMUS PLUS KEY ACTION

KA220 – YOU – Cooperation Partnerships in Youth

PROJECT WEBSITE

<https://youthminds.eu/>

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INTRODUCTION

The Youth Minds competence framework defines a set of learning outcomes (grouped by skills, knowledge and attitudes) needed by young people in terms of Mental Health Literacy and Healthy Lifestyle.

More specifically, the competence framework establishes the content to be learned in terms of clear, definable standards of what young people should know and be able to do in terms of:

- > Mental health in general terms.
- > Healthy lifestyle and wellbeing.
- > Coping with mental health issues.
- > Communicate, share emotions and experiences.
- > Seek professional help.
- > Support others.
- > Overcome the stigma and normalize the experience of mental illness.

It comes as a result of a tailored previous assessment, field work and research made by project partners, developed in several formats (focus groups, best practices collection, application of previous knowledge and expertise, as well as extensive research). At the same time, it lays the foundations for the development of the Youth Minds Knowledge pack, six versatile learning modules tailored to young people needs and characteristics, tested directly by YP and YW during the project execution, and freely available to any interested youngster or youth worker.



RESEARCH TOPICS

Nº	TOPIC	AUTHORS
01.	Understanding Mental Health	Emphasys Centre (Cyprus)
02.	Information on specific mental illnesses	Tavo Europa (Lithuania)
03.	Experiencing Mental Health issues (PODCASTS)	Association WalkTogether (Bulgaria)
04.	The social and self-stigma of mental illness	Hellas for Us (Greece)
05.	Seeking help and finding support	Foundation Institute of Social Re-Integration - IRIS (Poland)
06.	The importance of positive mental health and healthy lifestyle	FSR Fundación Sorapán de Rieros (Spain)



01. Understanding Mental Health

Main objective

The objective of this module is to aid the public, specifically youth workers and young individuals comprehend the significance and vitality of obtaining the principal knowledge, regarding mental health issues. Through this module, the audience will gain a deeper understanding into the definition of mental health, but also of mental illness, in addition to a short introduction to the diverse types of disorders, including the conditions that are visible and invisible. Finally, the reader will increase their awareness about the variety of factors that can trigger and aggravate common mental health symptoms, such as stress, anxiety and depression, in addition to the recognition of different tips and techniques to implement, when experiencing a mild, mental health condition.



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Category	Learning Objective	Topics	Learning Outcomes		
			Knowledge and understanding	Skills	Values and attitudes
1. Introduction to Mental Health	The objective of this topic is to introduce the definition of mental health, by including the perspective of both positive and negative mental health.	1. Definition of mental health and mental illness. 2. Signs, causes and triggers of mental illness.	- Understand the meaning and differentiation of being mentally healthy and mentally ill. - Gain knowledge about the signs and symptoms that appear when experiencing a minor mental health issue.	- Gain the abilities to differentiate between the being mentally healthy and ill. - Learn to recognize the categories of different symptomatology that accompanies minor disorders.	- Increase awareness for mental disorders and educate about what mental health is. - Gain an extensive understanding about the symptoms and triggers of mental conditions.
2. Visibility and Invisibility	The objective of this topic is to inform about difficulties that are visible to the public, like physical challenges, but also educate about the presence of invisible issues, such as mental illnesses.	1. Defining visible and invisible disabilities. 2. Challenges of invisible disability – emotional and behavioral characteristics.	- Obtain knowledge on concepts such as ‘visible’ and ‘invisible’ disorders. - Recognize the emotional and behavioral effects that are associated with these conditions.	- Obtain competences required for identifying the difference between these two spectrums. - Learn to put this knowledge into practice and detect how to respond to emotional and behavioral alterations.	- Help reduce the stigma of invisible and visible disorders. - Recognize the challenges that another individual is experiencing and increasing empathy.



Category	Learning Objective	Topics	Learning Outcomes		
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3. Factors impacting Mental Health	This topic will provide insightful information, regarding the factors that influence one’s mental health and the plausible methods for coping with these challenges.	1. Introducing a few factors that affect mental health e.g., Covid-19, stress, financial independence. 2. Introducing a few coping mechanisms and treatments to help alleviate mild mental health symptoms.	- Comprehend which factors can induce and mitigate mental health challenges. - Acknowledge the different methods and tips that can be utilized in daily life to help mitigate mental health conditions.	- Improve skills in detecting which factors trigger plausible symptoms. - Implement these mechanisms in daily routines to reduce stress, anxiety and depression levels.	- Increase the skills required for handling these factors, by recognizing their aetiology. - Boost the confidence of individuals that are suffering with similar conditions and educates others on how to support them.

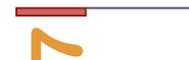


02. Information on specific mental illnesses

Main objective

The objective of this module is to present the categories of the most common mental illnesses and the challenges associated with them to patients and society at large. Mastering basic information will stop stigmatizing mental disorders and make it easier to identify them and seek appropriate help.





Category	Learning Objective	Topics	Learning Outcomes		
			Knowledge and understanding	Skills	Values and attitudes
1. The most common mental disorders – short overview	Participants will learn basic information about the most common mental disorders by the following categories: anxiety disorders, mood disorders, psychotic disorders, dementia, and eating disorders.	<ol style="list-style-type: none"> 1. Most common mental disorders: basic information. 2. Identification and treatment of mental disorders. 3. Challenges faced by society today. 	<ul style="list-style-type: none"> - Know what mental disorders are more common. - Identify the main challenges caused by inadequate treatment of mental disorders and lack of public awareness. 	<ul style="list-style-type: none"> - Be able to identify mental disorders in a better way. - Be able to identify the main challenges of modern society in the field of mental health. 	<ul style="list-style-type: none"> - Promote the destigmatization of mental disorders. - Be willing to provide appropriate assistance to those suffering from mental illness. - Increase the willingness to change behaviors and attitudes to maintain good mental health.
2. Anxiety and mood disorders	Anxiety and mood disorders are presented in detail. The aim is to provide basic information on how to recognize these disorders, how to treat them and how to help people who suffer from them.	<ol style="list-style-type: none"> 1. Recognition of anxiety and mood disorders and differences. 2. Treatment of anxiety and mood disorders. 3. Daily help and disease-relieving activities. 	<ul style="list-style-type: none"> - Know the peculiarities of anxiety and mood disorders. - Understand how these disorders are treated. - Be aware on how to help those suffering from these disorders on a daily basis. 	<ul style="list-style-type: none"> - Distinguish between anxiety and mood disorders. - Be able to help people with disorders. 	<ul style="list-style-type: none"> - Promote the destigmatization of anxiety and mood disorders. - Encourage an empathic approach to people with these disorders. - Increase willingness to help purposefully. - Understand personal needs to avoid mental health problems.





Category	Learning Objective	Topics	Learning Outcomes		
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3. Psychotic disorders	Psychotic disorders are presented in detail. The aim is to provide basic information on how to recognize these disorders, how to treat them and how to help people who suffer from them	<ol style="list-style-type: none"> 1. Recognition of psychotic disorders. 2. Treatment of psychotic disorders. 3. Daily help and disease-relieving activities. 	<ul style="list-style-type: none"> - Know the peculiarities of psychotic disorders. - Understand how these disorders are treated. - Know how to help those suffering from these disorders on a daily basis. 	<ul style="list-style-type: none"> - Be able to give an appropriate response when facing mental disorders. - Be able to name traits of psychotic disorders. - Be able to respond appropriately to these disorders. 	<ul style="list-style-type: none"> - Increase destigmatization of psychotic disorders. - Promote an empathic approach to people with these disorders. - Increase willingness to help purposefully. - Understand personal needs to avoid mental health problems.
4. Eating disorders	Eating disorders are presented in detail. The aim is to provide basic information on how to recognize these disorders, how to treat them and how to help people who suffer from them	<ol style="list-style-type: none"> 1. Recognition of eating disorders. 2. Treatment of anxiety and mood disorders. 3. Daily help and disease-relieving activities. 	<ul style="list-style-type: none"> - Know the peculiarities of eating disorders. - Understand how eating disorders develop and what causes them. - Know how to help those suffering from these disorders on a daily basis. 	<ul style="list-style-type: none"> - Be able to recognize mental disorders and avoid them. - Be able to respond appropriately to the development of these disorders. - Be able to provide primary care to people suffering from these disorders. 	<ul style="list-style-type: none"> - Increase destigmatization of eating disorders. - Increase the readiness to help people with eating disorders. - Increase the motivation towards taking care of personal mental health to avoid mental disorders.



03. Experiencing Mental Health Issues (PODCASTS)

Main objective

The objective of this module is to provide more detail on specific categories and topics that are related to having various mental health issues through different podcasts that deep-dive into them. The selected podcasts are developed by professional psychologists. In a structured and attractive way, the podcasts explain what it is like to experience different mental health problems, giving tips on how to cope with them. This module will aid the participants to gain an insight into the domains that belong to each category of a specific mental health issue and it will illustrate the variety of competences and skills one should cultivate to be able to deal with their challenges. As a result, the participants will have summarized explicit information on the topic and applicable coping techniques.



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Category	Learning Objective	Topics	Learning Outcomes		
			Knowledge and understanding	Skills	Values and attitudes
<p>1. Podcast: “5 Unofficial Types of Depression”</p>	<p>Participants will learn about the most widespread mental health problem – depression: depression symptoms that almost all depressed people have, why depression is so hard to treat, five types of depression.</p>	<ul style="list-style-type: none"> 1. General symptoms of depression 2. Type I: Morning melancholy 3. Type II: Anxious distress 4. Type III: Lingering trauma 5. Type IV: Loss 6. Type V: Failure and setbacks 	<ul style="list-style-type: none"> - Identify the most common symptoms that lead to an official depression diagnosis. - Know the main features of different types of depression. 	<ul style="list-style-type: none"> - Acknowledge and destigmatize depression. - Gain knowledge about the symptoms and different types of depression. - Be able to recognize conditions of depression in oneself and other people. 	<ul style="list-style-type: none"> - Understand that depression is a serious mental health issue. - Realize that, even though it is difficult, depression is treatable. - Understand that depression is not “being spoiled” or just feeling sad. It has reasons to originate, which prompt the symptoms. - Be more emphatic and aware that it can happen to anybody at any life phase.
<p>→ Link to podcast: https://open.spotify.com/episode/6VVrMLYBNHF2jEqvWzFZE</p>					





Category	Learning Objective	Topics	Learning Outcomes		
			Knowledge and understanding	Skills	Values and attitudes
2. Podcast: "Am I having a panic attack?"	Participants will learn about the science of why panic attacks happen and what to do to stop their debilitating cycle and get one's life back.	<ol style="list-style-type: none"> 1. The author's own experience with panic attacks 2. Physical symptoms 3. Cognitive symptoms 4. What causes a panic attack? 5. What to do, when having a panic attack? 	<ul style="list-style-type: none"> - Understand what is a panic attack and its reasons. - Identify warning signals, physical and cognitive symptoms that alerts about an imminent panic attack. 	<ul style="list-style-type: none"> - Learn how to manage a panic attack by fully experiencing the symptoms instead of fighting them, as the body will learn how to down-regulate itself. - Learn several practical tips to overcome a panic attack (for example: normal breathing to slow down the spiral and takes away the fear of the unknown, don't start safety behaviours, as they keep the body stressed, etc). 	<ul style="list-style-type: none"> - Learn how to reduce the frequency or intensity of panic attacks so they do not control one's life. - Know hot to help others to reduce the negative effect or intensity of panic attacks.

→ Link to podcast: <https://open.spotify.com/episode/6mmaEBfJp8xvHo6bsp64Dz>



Category	Learning Objective	Topics	Learning Outcomes		
			Knowledge and understanding	Skills	Values and attitudes
3. Podcast: “3 symptoms of childhood trauma we don’t talk about”	Participants will learn about what childhood trauma is, about three little-known long-term consequences of having experienced childhood trauma and how to cope.	1. What is complex trauma? 2. The Adverse Childhood Experiences (ACE) 3. Effect I 4. Effect II 5. Effect III 6. Understanding leads to healing	<ul style="list-style-type: none"> - Know what complex trauma is, how it comes up and what are the effects. - Be aware of what are the effects of a complex trauma in the different spheres of one’s life. - Know what disorders can come up as a result of complex trauma. 	<ul style="list-style-type: none"> - Identify the link between ACEs and the long-term symptoms. - Be aware on how each effect plays out. - Understand how ACEs are a tool to assess the risk surrounding trauma. - Seek help from a professional when necessary. 	<ul style="list-style-type: none"> - Cultivate compassion and care on people who might be suffering from complex trauma. - Recognize effects of trauma in other’s and offer support.
→ Link to podcast: https://open.spotify.com/episode/2KkcdhElvUFjitYSTgM0tH					
4. Podcast: “Mania – Why Bipolar Disorder Is Misunderstood”	Participants will learn about bipolar disorder and the real signs of its hallmark symptom Mania.	1. Signs of Bipolar Disorder 2. Different forms of Bipolar Disorder 3. Diagnosing Bipolar Disorder	<ul style="list-style-type: none"> - Know what Bipolar Disorder is and what are the effects of suffering from it on one’s life. - Identify the 5 signs BP. - Identify what differentiates BP from other disorders through the concept of mania. 	<ul style="list-style-type: none"> - Identify different types of Bipolar Disorder. - Identify what to do to get an accurate diagnose of a possible BP case. 	<ul style="list-style-type: none"> - Better understand this misunderstood illness and support people who are dealing with it. - Understand that BP is treatable and how it can be managed to reclaim one’s live and go on to thrive.
→ Link to podcast: https://open.spotify.com/episode/5Ysl3Ps7ycMQhbS1xVaVYP					



04. The social and self-stigma of mental illness

Main objective

The stigma of mental illness is universal. The objective of this module is to empower youth workers and youngsters recognize the discrimination towards people with mental health problems in the different aspects of life and how this phenomenon can be tackled. Through this module, the readers will gain a deeper understanding into the social stigma of mental illness, and how this subsequently leads to harassment, violence etc.



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<p>1. Introduction to Social stigma of mental illness</p>	<p>The objective of this topic is to introduce the audience to the definition of the social stigma of mental illness, from the perspective of society toward people with mental health problems.</p>	<p>1. Definition of the social stigma of mental illness.</p> <p>2. Identification of the forms of discrimination.</p> <p>3. Connection of social stigma with the invisibility and the underreporting of mental health conditions.</p>	<p>- Understand the social stigma of being mentally ill.</p> <p>- Recognize the discrimination towards the mentally ill people in the different aspects of life.</p> <p>- Observe the invisibility of mental health issues in their everyday life.</p>	<p>- Better understand the social stigma of mental illness.</p> <p>- Learn to recognize the forms of discrimination in the workspace, in everyday relationships, in society, etc.</p> <p>- Find ways to tackle harassment, violence, or bullying.</p> <p>- Improve the understanding and normalization of mental health illnesses to make them more acceptable and reduce stigma.</p>	<p>- Increase awareness of stigma of mental health.</p> <p>- Recognize the challenges that mentally ill people face and find ways to make society more inclusive.</p> <p>- Make mental health problems more visible and acceptable.</p>



Category	Learning Objective	Topics	Learning Outcomes		
			Knowledge and understanding	Skills	Values and attitudes
2. Self-stigma of mental illness	The objective of this topic is to introduce the audience to the definition of the self-stigma of mental illness.	1. Key aspects of self-stigma: internalized stigma the person with the mental illness suffers from.	<ul style="list-style-type: none"> - Be will be informed and obtain knowledge on the impact of self-stigma. - Recognize the ways to combat self-stigma. 	<ul style="list-style-type: none"> - Obtain skills to tackle social rejection, avoidance, and isolation. - Gain deep understanding on the ways that will reduce self-perceived stigma about mental illness. 	<ul style="list-style-type: none"> - Increase awareness for self-stigma of mentally ill people and how that affects their lives. - Recognize the challenges that mentally ill people need to face every day (increased feelings of shame and self-doubt and therefore more obstacles to overcome).



05. Seeking help and finding support

Main objective

The objective of this module is to provide the learners, specifically young people, with useful and practical knowledge and approaches on how to take the first steps to finding help and support, either professional or among relatives. Through this module, learners will gain a better understanding of help-seeking process, barriers that may arise when seeking help and ways of helping someone else seek help. They will develop skills increasing their ability to seek quality help, overcome barriers and provide emotional, practical and emergency support to others. Moreover, this module will let young learners to change their attitudes towards self-help and people with mental health problems. Last, but not least, it will offer tips on how to look after themselves and their mental health while helping others.



Category	Learning Objective	Topics	Learning Outcomes		
			Knowledge and understanding	Skills	Values and attitudes
1. Where to start - first steps to finding help	The objective of this topic is to introduce first steps to finding help and support, either professional or among relatives. Learners will be more aware about the attitudes to self-help and help-seeking and learn how to seek quality help.	<ol style="list-style-type: none"> 1. What is the help-seeking process? 2. When should I seek help? 3. Who can I turn to? 4. Where to seek professional help 5. Effectiveness of online help 	<ul style="list-style-type: none"> - Know and identify signs when it is wise to start seeking help. - Understand the help-seeking process and know where to find support. - Understand why young people seek online help (benefits and risks). 	<ul style="list-style-type: none"> - Be able to recognize signs and symptoms of mental problems. - Learn how to seek quality help and support. - Learn how to use proper kinds of support, coping mechanisms or resources. 	<ul style="list-style-type: none"> - Improve attitudes to self-help and help-seeking. - Feel less alone with mental problems.
2. Facing and overcoming barriers	The objective of this topic is to introduce barriers that may arise when seeking help. Learners will also discover benefits of seeking help and some effective facilitators. They will become more aware about social stigma and others obstacles.	<ol style="list-style-type: none"> 1. What barriers might I face? 2. The benefits of seeking help. 3. What are effective facilitators of seeking help? 	<ul style="list-style-type: none"> - Know and identify barriers that might arise. - Understand that actively seeking psychological help has many immediate and long-term benefits. - Know the effective facilitators of seeking help. 	<ul style="list-style-type: none"> - Be able to overcome barriers of seeking help. - Learn effective techniques when dealing with barriers that might arise. 	<ul style="list-style-type: none"> - Change attitudes towards people with mental health problems (social stigma). - Be more aware of obstacles people with mental health problems are facing.



Category	Learning Objective	Topics	Learning Outcomes		
			Knowledge and understanding	Skills	Values and attitudes
3. Helping someone else seek help	The objective of this topic is to introduce ways of helping someone else seek help. Learners will also understand why some young people are not ready to seek help and why it is important to look after themselves while helping others	<ol style="list-style-type: none"> 1. Emotional support. 2. Practical support & emergency help. 3. What to do if someone doesn't want my help. 4. How to look after myself. 	<ul style="list-style-type: none"> - Know support strategies and methods. - Understand why some young people are not ready to seek help. - Understand the importance of taking care about own wellbeing and mental health while helping others. 	<ul style="list-style-type: none"> - Learn how to help others with mental health problems. - Ability to provide emotional, practical and emergency support. - Learn how to deal with someone who doesn't want my help. - Learn how to look after myself. 	<ul style="list-style-type: none"> - Be more empathic. - Improve attitudes towards mental problems issue. - Improve social relationships. - Strengthen mental health and resilience.



06. The importance of positive mental health and healthy lifestyle

Main objective

The objective of this module is to provide the learners, specifically young people and youth workers, with practical information, awareness and advice to apply principles of positive mental health, promote healthy lifestyle habits and successful management of emotions in their daily life. Through this module, learners will gain awareness on the importance of concepts such as positive mental health, healthy lifestyle and emotions management, and how their practice and adoption can benefit their own emotional and physical wellness, as well as promote healthy and positive relationships with others. Moreover, it will offer tips and practical information to promote the adoption of these positive practices in learners' daily life.



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			Knowledge and understanding	Skills	Values and attitudes
1. Positive mental health	The goal of this topic is providing an introduction to the module. Starting with the health triangle, learners will be more aware about the different sides of health and how all of them are equally important for a good balance; followed by the concept of positive mental health and its importance in everyday life.	<ol style="list-style-type: none"> 1. Health and wellness: the health triangle. 2. The meaning of positive mental health. 3. The importance of positive mental health. 	<ul style="list-style-type: none"> - Understand the balance between the different sides of health and their connections. - Know and identify what positive mental health means and how it contributes to wellbeing. 	<ul style="list-style-type: none"> - Learn how to keep a balance between the different sides of health and put it into practice. - Identify principles of positive mental health and promote them in everyday life. 	<ul style="list-style-type: none"> - Improve self-concept and develop a positive attitude towards own self and people surrounding. - Be more empathic and improve the social relationships through the practice of positive mental health principles.
2. Healthy lifestyle habits and their importance for positive mental health	The goal of this topic is facilitating useful information about healthy lifestyle habits, their importance and benefits for a good mental health, as well as promoting their adoption on a daily basis.	<ol style="list-style-type: none"> 1. Physical activity. 2. Balanced diet and healthy nutritional habits. 3. Sleep habits and rest. 4. Social relationships and family. 5. Drugs and negative effects on mental health. 6. Time and stress management. 7. Relaxation techniques. 	<ul style="list-style-type: none"> - Understand how healthy lifestyle habits can be beneficial for a good mental health. - Know what habits can be implemented in order to improve mental health and wellbeing. 	<ul style="list-style-type: none"> - Learn how to put in practice different healthy lifestyle habits to benefit mental health and improve wellbeing. 	<ul style="list-style-type: none"> - Be aware about the importance of these habits and recommend their practice to other people, as effective tool to promote good mental health in society.



Category	Learning Objective	Topics	Learning Outcomes		
			Knowledge and understanding	Skills	Values and attitudes
3. Emotions and their importance for a positive mental health.	The goal of this topic is providing learners with practical information about emotions and feelings, as well as promoting the practice of effective mechanisms to understand, identify and deal with them in their daily life.	<ol style="list-style-type: none"> 1. Understanding of emotions. Introduction to emotional intelligence. 2. Emotions identification. 3. Emotions management. 4. Emotional intelligence and mental health. 	<ul style="list-style-type: none"> - Understand how emotions and the way people deal with them are determinant factors for health and emotional wellness. - Know how emotions and feelings arise. - Know how to name, manage and regulate emotions. - Understand the concept of emotional intelligence and its connection with mental health. 	<ul style="list-style-type: none"> - Implement practical tips and mechanisms to identify, manage and regulate emotions and feelings. 	<ul style="list-style-type: none"> - Be more aware and empathic towards own and other people’s feelings and emotions. - Improve one’s self-understanding and empathy to others, to develop healthy and positive relationships and support others.

