

# Y UTHMINDS

## YOUTHMINDS

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

Programmes/practices/initiatives/resources related to YP's  
social and emotional development.

*Desk Research*

**Author:** Logo of Partner Organization

**PROJECT INFORMATION****Project acronym:**

YOUTHMINDS

**Project title:**

Promotion of Youth Mental Health through Awareness, Prevention &amp; Resilience Building

**Project Number:**


2021-1-BG01-KA220-YOU-000028603

**Key Action:**

KA220-YOU - Cooperation partnerships in youth


KA2: YOUTH: Increasing quality, innovation and recognition of youth work

**Website:**<http://youthminds.eu/>**CONSORTIUM:**

Profile of the practice/ program/ initiative	
Name of the program/practice	Help and support provided to children and youth on a rolling basis
Description of the practice/programme	Foundation 'Zobacz...JESTEM' deals with the broadly understood help for children and teenagers with emotional problems. They handle: eating disorders, self-aggression, depression, suicidal behaviors and peer violence. They conduct educational activities and support parents, teachers, and all institutions that work and help children and youth with emotional problems.
Provider/ Key Stakeholders	<ul style="list-style-type: none"> <li>Foundation 'Zobacz...JESTEM' (Look ..... I AM (here))</li> </ul>
Pitfalls and challenges (if applicable)	<p>The main problems include:</p> <ul style="list-style-type: none"> <li>- a variety of distracting factors that enhance the problem recognition (in children/youth),</li> <li>- tough communication with parents whose support is crucial to multiply the effects of therapies designed to help youth,</li> <li>- feeling ashamed when talking about mental problems, which possibly lengthens the problem recognition itself and treatment period,</li> <li>- self-reliant attitudes and some practical barriers that prevent young people with depressive symptoms from obtaining professional help.</li> </ul>
Opportunities and plans for the future (if applicable)	<p>The foundation organises and is still going to arrange more and more diverse activities which aim to positively influence young people's mental health and fulfil an awareness-raising function, i.a:</p> <ul style="list-style-type: none"> <li>- series of 'Mindfulness' meetings,</li> <li>- 'Fair play' theatre performances,</li> <li>- group and individual psychological support,</li> <li>- different school projects oriented on good mental health of young people,</li> <li>- individual social campaigns, also conducted by students themselves,</li> <li>- psychological support for guardians and their children in the English language.</li> </ul>
Logo of program/ practice/ initiative	 <p>The logo consists of the text 'Zobacz...' in a cursive font on the left. To its right are five large, colorful, hand-painted letters: 'J' (red), 'E' (green), 'S' (green), 'T' (yellow), and 'M' (green). A girl with long dark hair, wearing an orange top and dark pants, is shown from the back, painting the letter 'T'. She is holding a black teddy bear. In the bottom right corner, there is a small square logo with the text 'Zobacz... JESTEM' and an exclamation mark.</p>

Website	<a href="https://www.zobaczjestem.pl">https://www.zobaczjestem.pl</a>
Information that you believe should be included	<p>Social awareness-raising campaigns e.g.:</p> <ul style="list-style-type: none"> <li>- Jeden dzień – wart całe życie (One day – worth a lifetime)</li> <li>- Zobacz...ZNIKAM (Look .... I DISAPPEAR)</li> <li>- Czerwony pasek (A red stripe)</li> </ul>

Profile of the practice/ program/ initiative	
Name of the program/practice	Mental Health First Aid (UK)
Description of the practice/programme	<p><b>Mental Health First Aid</b> is a comprehensive course which aims to equip participants with all the knowledge, skills and tools necessary to be able to identify the signs of various mental health problems and have the confidence to help someone experiencing distress.</p> <p>Based on the official Mental Health First Aid England course, this popular 2-day programme includes a range of interactive elements, including group discussions and workshop activities, arranged within four manageable sessions built around action plans.</p> <p>The course includes elements of full group discussion, activities within pairs and small groups, videos and case studies.</p> <p>The course is dedicated to young people aged 18 or over.</p> <p>The topics covered during the sessions:</p> <ul style="list-style-type: none"> <li>• Why Mental Health First Aid?</li> <li>• The Mental Health First Aid action plan</li> <li>• What is mental health?</li> <li>• Impact of mental health problems</li> <li>• Stigma and discrimination</li> <li>• What is depression?</li> <li>• Symptoms of depression</li> <li>• Risk factors for depression</li> <li>• Depression in the workplace</li> <li>• What is an anxiety disorder?</li> <li>• First aid for anxiety disorders</li> <li>• Crisis first aid after a traumatic event</li> <li>• Alcohol, drugs and anxiety disorders</li> <li>• Treatments and resources for anxiety disorders</li> <li>• Cognitive distortion and CBT</li> </ul>

	<ul style="list-style-type: none"> <li>• Personality disorders</li> <li>• Eating disorders</li> <li>• Self-harm</li> <li>• Suicide figures</li> <li>• Alcohol, drugs and mental health</li> <li>• First-aid for suicidal crises</li> <li>• Non-judgmental listening skills</li> <li>• First aid for depression</li> <li>• Treatment and resources for depression</li> <li>• Self-care</li> </ul>
<p>Provider/ Key Stakeholders</p>	<ul style="list-style-type: none"> <li>▪ Devon Mind – Plymouth, UK</li> </ul> <p>*Devon Mind – accredited Mental Health First Aider</p>
<p>Pitfalls and challenges (if applicable)</p>	<p>Non-applicable</p>
<p>Opportunities and plans for the future (if applicable)</p>	<p>Constant cooperation and expanding a network of helplines and contacts which are available in case of the need for a specialist or out-of-hours help e.g.:</p> <ul style="list-style-type: none"> <li>- Samaritans</li> <li>- NHS Devon Partnership Trust</li> <li>- Livewell Southwest</li> <li>- Shout</li> <li>- YoungMinds</li> <li>- Papyrus (prevention of young suicide)</li> <li>- Childline</li> <li>- The Moorings (Mental Health Matters)</li> <li>- SANE (a specialist mental health and emotional support helpline; currently operating on a messaging and callback system due to COVID-19)</li> </ul> <p>Besides, the organisation is constantly working on tailor-made courses and any new training solutions facing the current worldwide challenges i.a. those connected with online sessions.</p>
<p>Logo of program/ practice/ initiative</p>	
<p>Website</p>	<p><a href="https://devonmind.com/">https://devonmind.com/</a></p>

Information that you believe should be included	<p>Any ongoing training courses that are available, which proves that the organisation conducts a wide variety of courses, i.a:</p> <ul style="list-style-type: none"> <li>- Mental Health First Aid Refresher</li> <li>- Become Mental Health Aware</li> <li>- Introduction to Mental Health</li> <li>- First Steps Seminar</li> <li>- Developing Resilience Seminar</li> </ul>
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Profile of the practice/ program/ initiative	
Name of the program/practice	<b>"Stories from the field"</b> led by Mental Health Innovation Network (MHIN) [UK, SUI]
Description of the practice/programme	<p>Mental Health Innovation Network (MHIN) is a community of mental health innovators - researchers, practitioners, policy-makers, service user advocates, and donors from around the world - sharing innovative resources and ideas to promote mental health and improve the lives of people with mental, neurological and substance use disorders.</p> <p>MHIN aims to facilitate the development and uptake of effective mental health interventions by:</p> <ul style="list-style-type: none"> <li>• Enabling learning</li> <li>• Building partnerships</li> <li>• Synthesizing and disseminating knowledge</li> <li>• Leveraging resources</li> </ul> <p>The Mental Health Innovation Network is jointly headquartered at: The Department of Mental Health and Substance Abuse World Health Organization in Switzerland and London School of Hygiene and Tropical Medicine.</p> <p>MHIN and the World Health Organization Department of Mental Health and Substance Use are collaborating to highlight the incredible efforts of individuals and organisations providing mental health and psychosocial support during the COVID-19 pandemic.</p> <p><b>"Stories from the field"</b> is a blog series sharing innovation and best practice through personal accounts from health care and health systems workers around the world.</p> <p>Each section combines stories with key resources for health care systems as a whole as well as for different population groups.</p>

<p>Provider/ Key Stakeholders</p>	<ul style="list-style-type: none"> <li>▪ Mental Health Innovation Network (MHIN)</li> <li>▪ World Health Organization Department of Mental Health and Substance Use</li> </ul>
<p>Pitfalls and challenges (If applicable)</p>	<p>Non-applicable</p>
<p>Opportunities and plans for the future (If applicable)</p>	<p>A series of weekly webinars launched by The Lancet Psychiatry, Mental Health Innovation Network, MHPSS.net and United for Global Mental Health designed to provide policy makers and the wider health community with the latest evidence on the impact of COVID-19 on mental health and how to address will be continued.</p> <p>The webinars provide practical solutions to the challenging issues we are all grappling with. Participants are encouraged to join from around the world, including those with lived experience of mental health and of COVID-19. The format is short remarks by up to 4 panellists followed by a Q&amp;A chaired by Niall Boyce, Editor of The Lancet Psychiatry.</p>
<p>Logo of program/ practice/ initiative</p>	
<p>Website</p>	<p><a href="https://www.mhinnovation.net/">https://www.mhinnovation.net/</a></p>
<p>Information that you believe should be included</p>	<p>The resources that MHIN possesses:</p> <ul style="list-style-type: none"> <li>- blog for open discussion,</li> <li>- information about any face2face/ online training courses on mental health available in the world,</li> <li>- possibilities (and procedures) for other organisations to join the network.</li> </ul>