

# YOUTHMINDS

## 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:

ASSOCIATION WALKTOGETHER  
BULGARIA

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Project N°:2021-1-BG01-KA220-YOU-000028603



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**PROJECT INFORMATION**

**Project acronym:**

YOUTHMINDS

**Project title:**

Promotion of Youth Mental Health through Awareness, Prevention & 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:**



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Profile of the practice/ program/ initiative

Name of the program/practice

**SADAG (The South African Depression and Anxiety Group)**

Description of the practice/programme

SADAG is Africa’s largest mental health organization. SADAG is at the forefront of patient advocacy, education and destigmatisation of mental illness in the country. Its expertise lies in assisting patients and callers throughout South Africa with mental health queries. It has on its board a powerful team of Patients, Psychiatrists, Psychologists, and General Practitioners. SADAG was established twenty years ago to serve as a support network for the thousands of South Africans who live with mental health problems. Currently, it is estimated that 1 in 5 people will, or do, suffer from a mental illness. SADAG manages a 16-line counselling-and-referral call centre, and is the voice of patient advocacy, working in urban, peri-urban, and the most rural communities across South Africa.

**SADAG’s activities are carried out through:**



- A network of over 200 Support Groups throughout South Africa (including outreach groups in remote rural areas), where the community members lack access to resources and have no funds for treatment.
- A professional counselling staff who operates the counselling lines seven days a week.
- Educational materials, including free multilingual brochures on mental health issues.
- A monthly newsletter is sent out to over 20 000 callers and DVD’s and books available.
- A referral service to mental health professionals, and free medical treatment where available.
- SADAG offers workshops and training programmes countrywide, in various languages.
- SADAG has worked in schools in all 9 provinces, with learners, parents and educators. The programme “Suicide Shouldn’t be a Secret” is aimed at reducing SA’s high rate of teen suicide. SADAG teaches youths that Depression is treatable and Suicide is preventable.
- SADAG also does extensive EAPs, corporate training, and employee wellness days.
- Powerful media campaigns designed to destigmatise mental illness and promote mental health are at the forefront of SADAG’s patient advocacy work. In order to achieve this, SADAG runs TV and radio adverts, sends out weekly press releases to print, radio and electronic media.
- SADAG is recognised for its work in rural communities in the identification of depression in HIV and Aids patients, and the training of Home-based Care Workers in how to recognise the symptoms, as well as where to access treatment for their patients.



<p>Provider/ Key Stakeholders</p>	<p>Zane Wilson – one of South Africa’s leading mental health advocate                  Dr Colinda Linde – leading South African psychologist                  Shai Friedland – clinical psychologist working from a cognitive behavioral perspective                  Zamo Mbele – clinical psychologist                  Nkini Phasha – medical scientist and entrepreneur                  Dr Frans August Korb – psychologist and university lecturer                  Dr Laila Paruk – psychiatrist</p>
<p>Pitfalls and challenges (if applicable)</p>	<p>Possible challenge could be the lack of support from the public sector and lack of financial resources, designated for mental health in the country.</p>
<p>Opportunities and plans for the future (if applicable)</p>	<p>South Africa is a country, in which mental health topics are coming to the forefront. Consequently, there is plenty of room for this innovative wide-range organization to develop and make a change in the field of mental health in the country, as it covers all that concerns mental health and has very good professionals in its profile.</p>
<p>Logo of program/ practice/ initiative</p>	
<p>Website</p>	<p><a href="https://www.sadag.org/">https://www.sadag.org/</a></p>
<p>Information that you believe should be included</p>	<p>SADAG is a blueprint for all-encompassing and efficient NGO in the field of mental health.</p>




Profile of the practice/ program/ initiative	
Name of the program/practice	<b>MEGA</b>
Description of the practice/programme	<p>MEGA is a project, co-funded by the Erasmus+ Programme of the EU, and it is focused on capacity building by implementing mhGAP mobile intervention in SADC countries (Regional Economic Community comprising Angola, Botswana, Comoros, Democratic Republic of Congo, Eswatini, Lesotho, Madagascar, Malawi, Mauritius, Mozambique, Namibia, Seychelles, South Africa, Tanzania, Zambia and Zimbabwe).</p> <p>The quality, modernization and capacity building of HEIs in SA and Zambia is achieved by introducing innovation pedagogy related to mental health education. As a result the HEIs will be able to reach the Higher Education to the European standards. Main innovative elements are scaling up a child and adolescent mental health service, developing mhGAP-IG 2.0 mobile application for depression in South-Africa and Zambia and implementing it. Outcomes will benefit health care professionals at local level by increasing their competence.</p> <p><b>Outputs:</b></p> <ol style="list-style-type: none"> <li>1. To map the SADC countries landscape related to primary health care workers</li> <li>2. To develop mobile application to help primary health care workers to screen for mental health problems</li> <li>3. To develop eLearning materials and innovation pedagogy solutions</li> <li>4. To train the trainers and educate primary health care workers</li> <li>5. To implement and evaluate the mobile version of mhGAP child and adolescent depression version</li> <li>6. To disseminate the results on policy, HEI, professional and public</li> <li>7. To raise knowledge about environmental influence on mental health.</li> </ol>
Provider/ Key Stakeholders	Turku University of Applied Sciences Riga Technical University University of Cape Town University of Zambia University of Pretoria University of the Free State Hamburg University of Applied Sciences Stellebosch University Lusaka Apex Medical University
Pitfalls and challenges (if applicable)	A possible challenge could be the sustainability of the project at a local level.

<p>Opportunities and plans for the future (if applicable)</p>	<p>This project could be used as a template to be implemented in other regions and communities like SADC.</p>
<p>Logo of program/ practice/ initiative</p>	<div style="display: flex; align-items: center; justify-content: space-around;">   <div style="text-align: right;"> <p>Co-funded by the Erasmus+ Programme of the European Union</p> </div> </div>
<p>Website</p>	<p style="text-align: center;"><a href="https://mega.turkuamk.fi/arkisto/index.html">https://mega.turkuamk.fi/arkisto/index.html</a></p>
<p>Information that you believe should be included</p>	<p style="text-align: center;">MEGA’s website is archived and not updated any more.</p>

<p style="text-align: center;">Profile of the practice/ program/ initiative</p>	
<p>Name of the program/practice</p>	<p style="text-align: center;"><b>TrustCircle</b></p>
<p>Description of the practice/programme</p>	<p>TrustCircle’s globally acclaimed, research-backed wellbeing platform and AI-driven social emotional learning programs empower individuals, enterprises, and institutions to foster emotional resilience, prevention, and early interventions at scale. TrustCircle's Social-Emotional Learning platform in collaboration with The Warwick University, The WHO Collaborating Centre for Mental Health - SCARF, and The National Institute for Health Research is fostering Prevention and Early Intervention and is nurturing emotional resilience and wellbeing for students across urban, tribal, and conflict zone student population settings (Kenya in Africa). TrustCircle's Impact in Africa was featured by the BBC World Service on The World Mental Health Day - Oct 10th, 2019.</p>



<p>Provider/ Key Stakeholders</p>	<p>TrustCircle in collaboration with WHO and UNICEF</p>
<p>Pitfalls and challenges (if applicable)</p>	<p>N/A</p>
<p>Opportunities and plans for the future (if applicable)</p>	<p>A wide network of partners across the world.</p>
<p>Logo of program/ practice/ initiative</p>	
<p>Website</p>	<p><a href="https://www.trustcircle.co/">https://www.trustcircle.co/</a></p>
<p>Information that you believe should be included</p>	<p>N/A</p>

<p>Profile of the practice/ program/ initiative</p>	
<p>Name of the program/practice</p>	<p><b>Psychiatric Disability Organization (PDO Kenya)</b></p>



<p>Description of the practice/programme</p>	<p>Psychiatric Disability Organization (PDO Kenya) is user-led community-based mental health organization operating from Nakuru, Kenya. It was formed and is run by mental health lived experience experts and clinicians, driven by a passion for promoting mental wellness and assisting those affected to recover in dignity within their community. PDO is also youth-focused and youth-led, with the average age of the team at 27.7 years.</p> <p>Pillars:</p> <ol style="list-style-type: none"> <li>1.Mental health equity – reducing disparity is access to quality care caused by systemic neglect and discrimination.</li> <li>2.Community-based, recovery-oriented services – attains WHO Quality Rights standards, focused on recovery and keeping people away from institutions.</li> <li>3.Person-centered, human rights-based approach – services are respectful, non-coercive and protect the person’s dignity.</li> <li>4.Technological innovation in service delivery – harnessing the power of technology to reduce cost, increase coverage and avail specialist care to underserved communities.</li> <li>5.Power of lived experience expertise – experts by lived experience are at the centre of care and service delivery.</li> </ol>
<p>Provider/ Key Stakeholders</p>	<p>Psychiatric Disability Organization (PDO Kenya)</p>
<p>Pitfalls and challenges (if applicable)</p>	<p>Insufficient financial resources in the field of mental health in the country.</p>
<p>Opportunities and plans for the future (if applicable)</p>	<p>PDO has a person-centered and respectful approach. It is powered by the experts’ personal experience with mental health issues, which has the potential to create deeper, heartfelt connections with those suffering.</p>
<p>Logo of program/ practice/ initiative</p>	






Website	<a href="https://www.pdokenya.org/">https://www.pdokenya.org/</a>
Information that you believe should be included	PDO's community innovation <i>Pamoja Initiative</i> was among the two in Africa featured on UNAIDS 2020 <u>Ten Global Community Innovations</u> booklet, winning MIT Solve 2021, Waterfall Global Awards 2022 and Echoing Green Fellowship 2022.

Profile of the practice/ program/ initiative	
Name of the program/practice	<b>Beyond Smiles. How are you really?</b>
Description of the practice/programme	<p>A UNICEF campaign in support of mental health of children and adolescents in Bulgaria:</p> <ol style="list-style-type: none"> <li>1. There is a stigma around mental health and seeking help.</li> <li>2. Investments in the promotion of mental health care and the prevention of mental disorders in Bulgaria are insufficient.</li> <li>3. There is insufficient clarity on mental health issues and the services and resources available in Bulgaria.</li> <li>4. There is a lack of accessible and free programmes and resources to support the mental health of children and adolescents in Bulgaria.</li> </ol> <p>The most common reason why teenagers in Bulgaria do not seek professional help when they have strong negative emotions is anxiety or shame (63% of the respondents) or not knowing where to look for help (17%), show the results from a survey of <u>U-Report Bulgaria</u>. Data for Bulgaria based on the new global report by UNICEF "<u>The State of the World's Children 2021</u>" show that 11% of girls and boys aged 10-19 are diagnosed with mental disorder.</p> <p>UNICEF is guided by the adolescents' right to quality mental health care and services. We know that young people are a particularly vulnerable group in terms of mental health due to the turbulent physical and emotional changes they undergo as teenagers. Adolescent mental health is the cause of a number of risky behaviours, including: self-harm, tobacco and alcohol consumption, drug abuse, risky sexual behaviour and violence, the effects of which last a lifetime. Mental well-being affects the capacity of young people to learn, develop and be useful members of society.</p>



	<p>In order to support the children and teenagers in Bulgaria, the plan is to develop a 2-stage national programme to support adolescent mental health in the next 2 years:</p> <p>I. A self-care mobile app and online platform for teenagers, which aims to be free, easily accessible and attractive to use.</p> <p>II. An online system connecting adolescents from Bulgaria with licensed professionals .</p>
<p>Provider/ Key Stakeholders</p>	<p>UNICEF Bulgaria in collaboration with a wide network of partners (international organizations, state institutions, NGOs, youth forums etc).</p>
<p>Pitfalls and challenges (if applicable)</p>	<p>The sustainability of the project after the 2-year implementation period for is over.</p>
<p>Opportunities and plans for the future (if applicable)</p>	<p>Turning the outputs into national policies.</p>
<p>Logo of program/ practice/ initiative</p>	
<p>Website</p>	<p><a href="https://www.unicef.org/bulgaria/en/beyond-smiles-how-are-you-really">https://www.unicef.org/bulgaria/en/beyond-smiles-how-are-you-really</a></p>
<p>Information that you believe should be included</p>	<p>The campaign does not have an individual logo, different than that of UNICEF Bulgaria.</p>



