

| TOOL BANK | | | | | | | | | |
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| No. | Type of resource (video, article, report, website, etc.) | Type of good practice / initiative (training programme, campaign, service, event, etc.) | Title / Subject | Link | Author | Contact | Language | Partner | Short description |
| 1. | Website | Training Course | Social and Emotional Learning: Experience the Power of Education! | https://www.safeschools.org/program-training | | | Greek | Emphasys | This specific training course was addressed to young individuals, ranging from the ages 8 – 18 years old. However, this course was not only beneficial for youth, but also could be utilized by trainers and staff working in formal educational settings. The training aimed to increase youth's emotional and social competences, as they become increasingly important, for individuals to learn how to cope with various situations in their relationships and contacts with school peers, parents and other adults (such as teachers) they live, learn and socialize with. In addition, the seminar highlighted the need to further develop teachers and trainers' competences, motivation and skills so that their educational approaches match the needs of learners. |
| 2. | Website | Training Program | WE GROW – EQ Learning for Youth | https://www.wegrowproject.eu/ | | | ENG/GR | Emphasys | The WeGrow project aimed to support the youth professionals (youth workers, youth trainers, youth leaders, and mentors of young volunteers, ensure social inclusion for youth. In addition, the project wished to address the need of youth professionals for the development of competencies, in order to support the development of Emotional Intelligence (EI) and the social skills of young people with low school performance, early school leavers, and/or NEETs. |
| 3. | Website | Educational Workshop/ Youth Organization | The Youth Board of Cyprus | https://onek.org.cy/poioi-eminaste/orama-axositi/ | | | ENG/GR | Emphasys | The Youth Board of Cyprus' (ONEK) primary objective is to influence policy-makers and help them reshape the current youth policies that are being implemented, in addition to concentrating on current issues and aiming at exerting the greatest, positive impact on young individuals. The Youth Board of Cyprus conducted an educational event that aimed to inform young individuals about the importance of Emotional Intelligence, in which it was explained that this concept is the ability of individuals to recognize their own and others' emotions, to distinguish between different emotions and to label them appropriately, using emotional information to guide thinking and behaviour. |
| 4. | Website | Youth Organization | Cyprus Youth Clubs Organisation | http://www.cypriouth.org/cy/ | | | ENG/GR | Emphasys | The Cyprus Organization of Youth Centers, or KOKEN as it is called, is Cyprus's largest non-governmental, non-profit youth organization. It was established in 2008 as the primary coordinating organization of Cyprus' youth centers. At a time when the need for quality improvement and modernization of the institution of Youth Centers was recognized, KOKEN promotes young people's interests by providing a variety of social, educational, and recreational activities, as well as support services, that are tailored to their needs and objectives. KOKEN is a full member of the Cyprus Youth Council (CYC) and the European Confederation of Youth Clubs, as well as the General Advisory Body of the Cyprus Youth Board (CYCB). |
| 5. | Website | Governmental Initiative | Head to Health | https://www.headtohealth.gov.au/ | | | ENGLISH | Emphasys | Head to Health is a new digital mental health gateway established by the Australian government's Department of Health. This platform offers resources such as information, advice, and access to free and low-cost phone and online mental health services, as well as support for you or a loved one. Head to Health offers a variety of tools from reputable Australian providers to assist you (or someone you care about) in regarding control of your mental health at a time and location that is convenient for you. You can pick and choose which information, guidance, and services you want to use on the site. You can also refine your search to find results that are more relevant to your needs, such as your age and population group (e.g., Veterans, Carers or LGBTIQ etc.). |
| 6. | Website | Educational Initiative | Be you/ Beyond Blue | https://www.beyondblue.org.au/home | | | ENGLISH | Emphasys | Beyond Blue is a mental health and wellbeing assistance organization based in Australia. They offer support services for people suffering from depression, suicidal ideation, anxiety disorders, and other mental illnesses. Beyond Blue collaborates with the community to improve mental health and prevent suicide, ensuring that everyone in Australia has the best mental health possible. Currently, they are working on three major priorities as part of their Beyond 2020 strategy: (1) Promoting mental health and wellbeing so that individuals have more information, feel safe talking about their problems, and are encouraged to seek treatment when they need it. (2) Being a reliable source of mental health information, advice, and support in order for the public to comprehend how to maintain their mental health and recover from mental illnesses. (3) Work together to prevent suicide by leading the national effort in suicide prevention through research, information, advice and support, and advocacy. Furthermore, the Be you organisation, also known as the 'Big Blue Door' for many individuals in the community, is a safe and dependable place where millions of people can get information, advice, and support, no matter where they are on the mental health continuum – whether they're healthy and want to stay that way, sick and need help, or in recovery and want to reconnect with others and give back. |
| 7. | Website | Campaign | Activamente – Informative network for mental health | https://activamente.elcid.org/ | | | Spanish | FSR | Activamente – Informative network for mental health was a pioneering journalistic initiative, aimed at researching the effects of covid-19 pandemic on Young People's mental health in South America. This innovative initiative was executed by a partnership of media from Colombia, Argentina and Ecuador, and counted on the participation of 750 young volunteers (18-29 years) and professionals on mental health. |
| 8. | Website | Service | Community Mental Health Centers - Peru | https://www.gob.pe/14231 | | | Spanish | FSR | CMHCs goal is to improve the mental health and life quality of the population and, more especially, of those with mental health problems, mental disorders and/or psychosocial problems, their families and community. |
| 9. | Website | Mental Health Organization | AYNI PERU NATIONAL ASSOCIATION | https://asociacionayni.org/ | | | Spanish | FSR | AYNI - PERU National Association actions strengthens the network of CMHCs across Peru, as this NGO actively participates and support the activities of CMHCs by connecting them, as well as uniting all people with mental health and their families, by means of generating prevention and inclusion mechanisms. |
| 10. | Guide | Training / awareness material | Education for Mental Health. For well-being from schools | https://www.fafeserremaduradon.com/wp-content/uploads/2022/04/Compendio_Educacion_Salud_Mental.pdf | | | Spanish | FSR | The guide "Education for Mental Health. For well-being from schools" aims to promote education and the right to mental health, in addition to the development of life in a positive way during school years. This initiative has been declared of Educational Interest by the General Council of Education of Argentina and it is the first of its kind in that Argentinean region. |
| 11. | Guide | Training / awareness material | Interactive guide on prevention of suicidal behavior in schools | https://www.educarex.es/pub/cont/com-0004/documentos/168661a-Interactiva-1682-16-24-2023-06-05-junta-de-Extremadura-V6.pdf | | | Spanish | FSR | This guide is mainly addressed to teachers and education professionals working in schools and education centers. It provides with tools that help them detect, monitor and transfer, if necessary, suicide risk behaviours or other types of warning signals emerged in the students. Teachers and education professionals are very close to the students and can detect warning signals from their very beginning. This is the reason why it is extremely important to provide them with suitable tools and knowledge that allow to detect these risk behaviours at an early stage and develop the right mechanisms and protocols regarding mental health care, support and treatment. |
| 12. | Website | NGO | SADAG (The South African Depression and Anxiety Group) | https://www.sadag.org/ | Leading psychologists in South Africa | https://www.sadag.org/ | English | Walk Together | SADAG is Africa's largest mental health organization. SADAG is at the forefront of patient advocacy, education and destigmatization of mental illness in the country. Its expertise lies in assisting patients and calls throughout South Africa with mental health queries. It has on its board a powerful team of 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. 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. |
| 13. | Website | Project, co-funded by the European Commission | MEGA | https://mega.turkuyamk.fi/arkista/index.html | Various European and African universities | https://mega.turkuyamk.fi/arkista/index.html | English | Walk Together | MEGA is a project, co-funded by the Erasmus+ Programme of the EU, and it is focused on capacity building by implementing mGAP 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). 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 of adult and adolescent mental health service, developing mGAP 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. 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 of adult and adolescent mental health service, developing mGAP 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. |
| 14. | Website | Platform | TrustCircle | https://www.trustcircle.co/ | TrustCircle in collaboration with WHO and UNICEF | https://www.trustcircle.co/ | English | Walk Together | 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 (SCAH), and The National Institute for Health Research is fostering prevention and early interventions 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. |
| 15. | Website | Organization | Psychiatric Disability Organization (PDO Kenya) | https://www.pdokkenya.org/ | | | English | Walk Together | 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 individuals. PDO Kenya was established twenty years ago to serve as a support network for the thousands of South Africans who live with mental health problems. PDO Kenya is a youth-focused and youth-led, with the average age of the team at 27.7 years. |
| 16. | Website | Campaign | Beyond Smiles. How are you really? | https://www.unicef.org/bulgaria/en/beyond-smiles-how-are-you-really | UNICEF Bulgaria | https://www.unicef.org/bulgaria/en/beyond-smiles-how-are-you-really | Bulgarian/English | Walk Together | A UNICEF campaign in support of mental health of children and adolescents in Bulgaria. |
| 17. | Website | Service | Help and support provided to children and youth on a rolling basis | https://www.zobacjstem.pl | Foundation Zobac TEM | https://www.zobacjstem.pl | Polish | IRIS | Foundation 'Zobac...JESTEŚM' 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. Mental Health First Aid 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. 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. The course includes elements of full group discussion, activities within pairs and small groups, videos and case studies. The course is dedicated to young people aged 18 or over. The topics covered during the sessions: <ul style="list-style-type: none"> • The Mental Health First Aid action plan • Impact of mental health problems • Stigma and discrimination • Depression, its symptoms and risk factors • Depression in the workplace • First aid for anxiety disorders - treatments and disorders • Crisis first aid after a traumatic event • Cognitive distortion and CBT • Personality disorders • Eating disorders • Self-harm and suicide figures, crises and first aid • Addictions and mental health • Non-judgmental listening skills • Treatment and resources for depression • Self-care |
| 18. | Website | Training programme | Mental Health First Aid (UK) | https://devonmind.org/ | Devon Mind (UK) - accredited Mental Health First Aider! | https://devonmind.org/ | English | IRIS | Mental Health First Aid 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. 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. The course includes elements of full group discussion, activities within pairs and small groups, videos and case studies. The course is dedicated to young people aged 18 or over. The topics covered during the sessions: <ul style="list-style-type: none"> • The Mental Health First Aid action plan • Impact of mental health problems • Stigma and discrimination • Depression, its symptoms and risk factors • Depression in the workplace • First aid for anxiety disorders - treatments and disorders • Crisis first aid after a traumatic event • Cognitive distortion and CBT • Personality disorders • Eating disorders • Self-harm and suicide figures, crises and first aid • Addictions and mental health • Non-judgmental listening skills • Treatment and resources for depression • Self-care |
| 19. | Website | Awareness and knowledge-raising material/educational initiative | Stories from the field | https://www.mhinnovation.net/ | Mental Health Innovation Network | https://www.mhinnovation.net/ | English | IRIS | Mental Health Innovation Network (MHN) 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. MHN aims to facilitate the development and uptake of effective mental health interventions by: <ul style="list-style-type: none"> • Enabling learning • Building partnerships • Synthesizing and disseminating knowledge • Leveraging resources 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. MHN 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. 'Stories from the field' is a blog series sharing innovation and best practice through personal accounts from health care and health systems workers around the world. Each section combines stories with key resources for health care systems as a whole as well as for different population groups. |
| 20. | Website | Institute | National Institute of Mental Health (NIMH) | https://www.nimh.nih.gov/ | USA government | https://www.nimh.nih.gov/ | English | Tavo Europa | The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders. NIMH is one of the 27 Institutes and Centers that make up the National Institutes of Health (NIH), the largest biomedical research agency in the world. NIH is part of the U.S. Department of Health and Human Services (HHS). NIMH offers brochures and fact sheets on mental health disorders and related topics for patients and their families, health professionals, and the public. Printed materials can be ordered free of charge. Brochures and fact sheets are also offered in digital formats and are available in English and Spanish. |
| 21. | Website | NGO | Mental Health America (MHA) | https://mhanational.org/ | Various experts in mental disorders field | https://mhanational.org/ | English | Tavo Europa | MHA's programs and initiatives fulfill its mission of promoting mental health and preventing mental illness through advocacy, education, research and services. MHA's national office and its 200+ affiliates and associates around the country work every day to protect the rights and dignity of individuals with lived experience and ensure that peers and their voices are integrated into all areas of the organization. MHA collaborates with scientists, practitioners, policy experts, advocates, and other community leaders to design policy recommendations. |
| 22. | Website | Hospital, research centre | The Centre for Addiction and Mental Health (CAMH) | https://www.camh.ca/ | Various experts in mental disorders field | https://www.camh.ca/ | English | Tavo Europa | With a dedicated staff of more than 3,000 physicians, clinicians, researchers, educators and support staff, CAMH offers outstanding clinical care to more than 34,000 patients each year. The organization conducts groundbreaking research, provides expert training to health care professionals and scientists, develops innovative health promotion and prevention strategies, and advocates on public policy issues at all levels of government. |
| 23. | Website | Organization | National Alliance on Mental Illness (NAMI) | https://www.nami.org/ | Various experts in mental disorders field | https://www.nami.org/ | English | Tavo Europa | The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Today, this alliance consists of more than 400 local Affiliates and 49 State Organizations who work in local communities to raise awareness and provide support and education that was not previously available to those in need. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives. Their main activities include education, advocacy, listening and leading. |
| 24. | Website | Organization | Northern Initiative for Social Action (NISA) | https://nisa.on.ca/ | Various experts in mental disorders field | https://nisa.on.ca/ | English | Tavo Europa | NISA is an organization run by and for people with lived experience of mental health challenges/mental illness. They develop occupational skills, nurture self-confidence and provide resources for recovery by creating opportunities for their participants to contribute to their own well-being and that of their community. Staff, volunteers and members are people with lived experience of mental health challenges / mental illness. They call themselves 'peers'. They are a member-driven organization, and they aim to offer meaningful and useful programs. NISA is trying to help people with mental illnesses to free themselves from stigma. |

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| 25. | Website | Project | Thinking Health Programme/Peer delivery project | www.sharementalhealth.org | SHARE | www.sharementalhealth.org | English | Hellas for us | Through its Thinking Health Programme/Peer delivery project, SHARE will develop an innovative, effective, and sustainable approach for the delivery of an established psychological treatment that reduces the burden of depression in mothers in South Asia. The group aims to address a key barrier to the scaling up of mental health interventions in LMIC—the lack of trained local providers—by adapting an existing evidence-based intervention, so that it can be delivered by peer counselors (experienced women living in the same community) in partnership with established community health workers (CHWs). |
| 26. | Website | Project | Program for Improving Mental Health Care (PRIME) | http://www.prime-uct.ac.za/ | PRIME | http://www.prime-uct.ac.za/ | English | Hellas for us | The newly initiated Program for Improving Mental Health Care (PRIME) is another research consortium in which Ministries of Health in India (Government of Madhya Pradesh) and Nepal are key collaborators. PRIME is a consortium of research institutions and Ministries of Health in five countries in South Asia and Africa (Ethiopia, India, Nepal, South Africa & Uganda), with partners in the UK and the World Health Organization (WHO). The goal of PRIME is to generate world-class research evidence on the implementation and scaling up of treatment programs for priority mental disorders in primary and maternal health care contexts in low resource settings. |
| 27. | Website | Project | Thinking Healthy Program | http://hdfoundation.org/projects/the-thinking-healthy-programme-intervention/ | THP | http://hdfoundation.org/projects/the-thinking-healthy-programme-intervention/ | English | Hellas for us | The Thinking Healthy Program is a fully manualised intervention drawing on the principles of Cognitive Behaviour Therapy (CBT) techniques to address perinatal depression. This was developed in Pakistan with a view of getting it delivered by the Lady Health Workers (who are non-mental health professionals with an average eight to ten years of education). THP was tested in a large cluster randomized controlled trial where these lay Lady Health Workers (LHWs) were trained to deliver it to mothers with major depression. The THP was fully integrated into the routine work of the LHWs. At 6 months post-partum, 77% of mothers in the intervention group recovered from their depressive disorder compared to 47% in the control group, effects which were sustained at 12 months. It also showed significant increase in infant immunisation coverage, reduced diarrheal episodes among infants, and increased uptake of family planning by mothers receiving THP. The feedback from the 40 trained LHWs showed that almost all of them thought it was relevant to their day-to-day work and none of them considered it an extra burden. The training was short (2 days followed by a 1 day refresher after 4 months) and therefore feasible on a large scale. |
| 28. | Website | Project | Supporting mental health in Afghanistan | http://www.healthnettpo.org/en/projects/supporting-mental-health-afghanistan | HealthNet TPO | http://www.healthnettpo.org/en/projects/supporting-mental-health-afghanistan | English | Hellas for us | HealthNet TPO Afghanistan provides psychosocial support to communities in Afghanistan, affected by the armed conflict between militants and government forces. Mental health disorders in Afghanistan are alarmingly high, due to the ongoing trauma and sufferings from conflict, poverty and personal loss. Yet stigmas associated to mental health and a lack of adequate mental health services, particularly in areas most affected by conflict, are causing many to slip through the gaps. |
| 29. | Publication | Project | Child Thematic Program in Nepal | http://www.psychosocialcarechildren.org/ | HealthNet TPO | http://www.psychosocialcarechildren.org/ | English | Hellas for us | This community-based psychosocial care system for children includes different overlapping levels of interventions to address varying support needs. These levels provide assessment and management of problems that range from the social-pedagogic domain to the psychosocial, the psychological and the psychiatric domains. One component of the care package, the Classroom Based Intervention, is a 25-session classroom or community-based intervention, involving a series of highly structured expressive behavioral activities, which aims at increasing children's capacity to deal with the psychosocial problems, that having been/being exposed to extreme stressors can cause. A cluster randomized controlled trial studied the efficacy of CBI as part of this program. Results show that CBI is moderately effective in reducing psychological difficulties and aggression among boys and increasing pro-social behavior among girls in Nepal. |

CONSORTIUM:



Co-funded by the European Union

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