Project Number: 2021-1-BG01-KA220-YOU-000028603

# YOUTHMINDS NEWSLETTER

**PROMOTION OF YOUTH MENTAL HEALTH THROUGH AWARENESS, PREVENTION & RESILIENCE BUILDING**

YOUTHMINDS

## The YOUTHMINDS Project aims to:

- Normalize **Mental Health Problems** (MHP) by encouraging **Young People** (YP) and **Youth Workers** (YW) to exchange experiences.
- Equip YW with the **necessary knowledge** to address the needs of YP regarding mental health issues.
- Help YP better **understand** their **emotions** and develop resilience.
- **Reduce social stigma** and normalize conversations around MHP.
- **Promote healthier attitudes** and behaviours in the long-term.

## TARGET GROUPS

**Young people**

**Youth workers**

**Contact details**

https://youthminds.eu/

@youthminds_project

@youthmindserasmus

**Scan the QR code to access the e-learning platform**

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According to the World Health Organization (2022), today's threats include: Economic downturns and social polarization, public health emergencies, widespread humanitarian emergencies and forced displacement, and the growing climate crisis.

# YOUTHMINDS TPM3

On May 30-31, 2023, the **third transnational partners meeting** of partners took place in **Badajoz, Spain**. During it, the progress of the project and further steps were discussed.

# NEXT ACTIVITIES:

On July 2-8, a training course for youth workers will be held in Badajoz, Spain. Interactive platform for e-learning and e-participation will also be launched this summer. Among other things, an InnerYOU mobile application for improving mental health and well-being is being developed, as well as other meaningful initiatives. More news coming soon!

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