

The **YOUTHMINDS** project aims to develop a platform, a knowledge pack, an activity pack and a guidebook that will provide information about the mobile application. In other words, the InnerYOU MOBILE APPLICATION will give the opportunity to young people (YP) to take care, improve and maintain their Mental Health by performing their own PERSONALIZED Action Plan (on weekly basis) that will be tailored to their preferences and needs. Equally, the project pioneers to design educational tools using digital format, which at the same time, will help young people (YP) and youth workers (YW) to practise and enhance their digital skills.

YOUTHMINDS



COORDINATOR



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**WHAT MENTAL HEALTH NEEDS IS MORE
SUNLIGHT, MORE CANDOR, AND MORE
UNASHAMED CONVERSATION**

– GLENN CLOSE

ERASMUS+ KA2 STRATEGIC PARTNERSHIP IN YOUTH

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RATIONALE

A study of WHO, revealed a decline in young people's mental well-being from 2014 -2018 and it was estimated that 4% of 15-24 year olds recognize that they might suffer from chronic depression, while 14% of European youth between the ages of 18-24, feel anxiety. Moreover, although it's evident that well informed youth workers can deliver distinctive outcomes for young people on topics such as mental health, it was depicted that many youth workers find it difficult to open these discussions.

Ultimately, the project aims to promote **positive mental health** in young people, by **improving** their **knowledge** around mental health and equipping them with skills to take care and maintain their **mental wellbeing**, with the support of youth workers and of themselves.

AIMS AND OBJECTIVES

- Normalise mental health problems (MHP) by encouraging youth workers and young people to talk about them, share experiences, and being there for others when help is needed
- Equip youth workers with the needed knowledge, skills and attitudes to address the needs of young people regarding mental health issues
- Help young people to better understand their emotions, talk more about mental health issues, and develop resilience
- Reduce social stigma and normalise conversation around mental health problems
- Promote healthier attitudes and behaviours in the long-term as young people will be equipped with skills and competences during adolescence enabling the avoidance of mental health issues in their adult life

TARGET GROUPS

- Young people
- Youth workers



PRODUCTS

- The **KNOWLEDGE & ACTIVITY PACK** that will equip youth workers and young people with the adequate knowledge for supporting young people's social and emotional development
- The **INTERACTIVE PLATFORM** for promoting e-learning and e-participation
- The **InnerYOU SMARTPHONE APPLICATION** that will devise an **INDIVIDUALISED TAILORED PLAN**, based on the young person's preferences for the promotion of **MENTAL HEALTH** and **WELLBEING**
- The **GUIDEBOOK** that will provide detailed information on how to set up the **YOUTHMINDS CHALLENGE**

EXPECTED RESULTS

The project aims to promote positive mental health by improving young people's knowledge and information around mental health and enabling them to maintain their wellbeing. Specifically, the project will reduce social and self stigma, by enabling young people with mental health problems, to participate fully in their community, enhance their self-esteem and help them cultivate the necessary social-emotional skills, to recognize and control their emotions, whilst maintaining positive relationships with their peers. Additionally, the project will support youth workers to gain an understanding of the strategies that could be utilised to help young people deal with the stresses and pressures of everyday life and of complex situations.