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

THE 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 (YP)

Youth Workers (YW)

Contact Details

https://youthminds.eu/

@youthminds_project

@youthmindserasmus

World Mental Health Awareness Day
10th of October

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Co-funded by the European Union

"43% of young women and 31% of young men feel pessimistic about the future."

"1/2 young individuals feel less motivated to do activities they usually enjoyed."

UNICEF, 2019

YOUTHMINDS Kick-Off Meeting

The YOUTHMINDS Kick-off Meeting took place on the **22th of March**, via a hybrid form, since a few partners were not able to attend the Meeting in Bulgaria, due to Covid-19 restrictions.

FOLLOWING STEPS:

The next steps of the project include the conduction of research for **practices** within and outside of Europe, that **promote the socio-emotional development of young individuals**. The consortium discussed about each partner's responsibilities, set deadlines and organized the subsequent online meetings.

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