

THE YOUTHMINDS NEWSLETTER

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



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.



Scan the QR code
to access the e-
learning platform

TARGET GROUPS



Young People (YP)



Youth Workers (YW)

Contact Details



<https://youthminds.eu/>

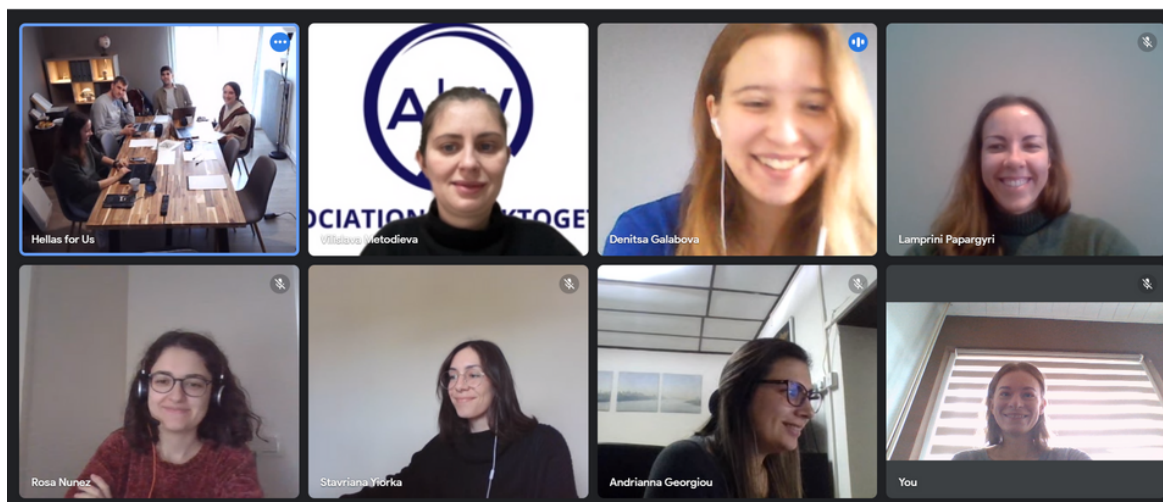
@youthminds_project



@youthmindserasmus



20% of youth have a mental health condition, with one in 10 young people having experienced a period of major depression.



YOUTHMINDS TPM2

The 2nd transnational partners meeting took place on 29th and 30th of November in hybrid form. Some partners attended the meeting in Kozani, while others joined online. The details about the schedule and organization of the Capacity Building Training for YOUTH WORKERS were discussed and finalized. Moreover, the consortium provided feedback for the lesson plan which remains to be finalized in the following months.

NEXT ACTIVITIES

The first versions of e-learning & e-participation platform and the mobile app are expected in the next months.

The **training course** for youth workers is scheduled for 2-8 July 2023 and will be implemented in Badajoz, Spain.

