PRESS RELEASE

The Hold On Kick Off meeting launched the project!

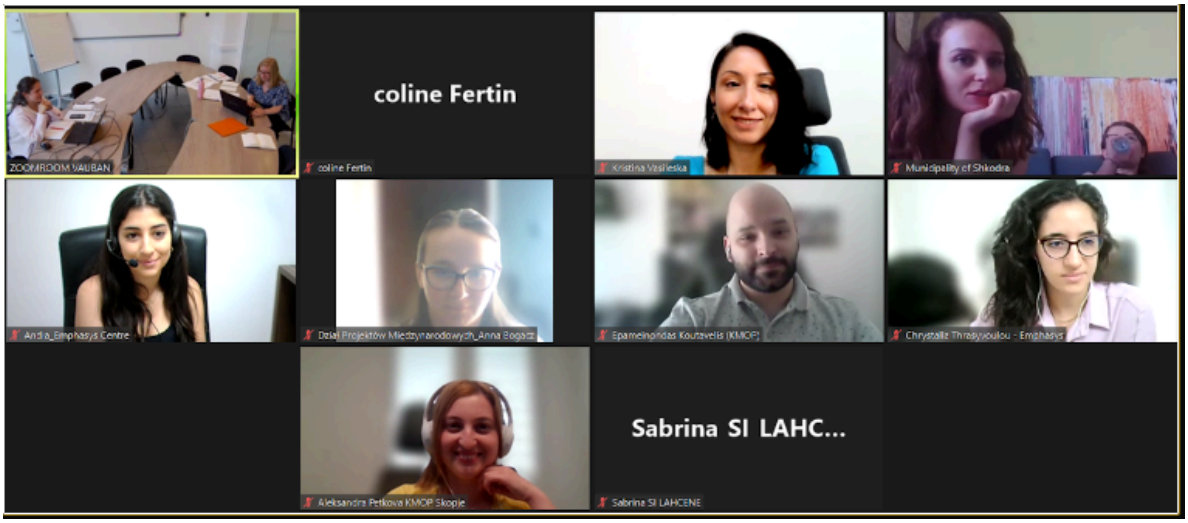
19th July 2023

Online

The first kick off meeting of the Hold On project took place this summer. This kick off officially launched the project. Thanks to all partners' participation, the consortium had the opportunity to present each organization and each project manager.

The main topics addressed during this meeting were:

- **Presentation of all partners on the project**



Who are we? The consortium is composed of 6 partners from the European continent. The countries represented are the following: Greece, Albania, Cyprus, North Macedonia, France and Poland.

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The expertise of the organizations are different and complement each other: We have several NGO's that work forwards helping vulnerable publics from the young age to the elderly people. The fields of work represented include health, human rights, civil society and democracy, social inclusion, education, arts and culture but also social protection, youth, children's rights and fight against all types of discrimination. Among the partners we also count a Centre for education ICT training, research and development with its 4 Main departments : strategic research; Research; Education and ICT training ; Software development. In addition to this, a municipality that provides information, counseling, child protection, parenting class, youth groups, services for children and families, referral and case management as well as a youth center that provides formal and informal education. Finally a private university completes the consortium with its 25 different departments.

The variety of the public/private entities and their fields of action are a great force for our project.

- **Presentation of the project's objectives**

Hold On is a project that aims to respond to the difficulties young people and their carers face on mental health. As the Covid19 pandemic put a stress on the struggles that were already present. Thanks to the Hold On project's upcoming primary outcomes, we will be able to help the youth facing mental health problems, promoting peer support and civic engagement and providing training for professionals working with youth to enhance actions towards these goals.

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- **Global presentation of the timeline and administrative management**

This part allowed all partners to find common dates for online monthly meeting, longer partners meeting and in person international conference that is scheduled in Greece for fall 2024.

The launch of Work Package 2: Youth Capacity building

The leader of this work package is KMOP Greece. The main activities are : the development of an e-learning course and its piloting, preparation of mentoring sessions and finally an international conference.

To develop the first activity, the leader of the work package provided a needs assessment questionnaire for all partners to deploy among young people to assess their needs regarding mental health issues and peer support. This questionnaire will lead to an assessment report that will help develop the e-learning course and match the reel needs of young people.

During the following weeks of the kick off Afeji (France) took the opportunity to present the Hold On project to the *Teenagers'House (Maison des adolescents - Afeji)* of the city of Valenciennes. The project managers met with 3 professionals: The director of the teenager's house, a psychologist and a nurse who all work daily with our target groups. The topic of mental health was indeed not new to the professionals as well as the urgency of the situation. They were enthusiastic to be associated with the Hold On project. They will help deliver the needs assessment questionnaire to the young people

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they encounter. Meet Katy, Fanny and Estelle (with Sabrina and Coline, Afeji's project managers). Welcome on board!

From left to right: Katy (nurse), Fanny (psychologist), Sabrina and Coline (project coordinators), Estelle (Director of the Teenagers' House).

Consortium:

Afeji Hauts-de-France TOUTES LES VIES ONT LA MÊME VALEUR
KMOP EDUCATION HUB
Emphasys CENTRE
Bashkia Shkodër
SPOŁECZNA AKADEMIA NAUK UNIVERSITY OF SOCIAL SCIENCES
KMOP SKOPJE

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