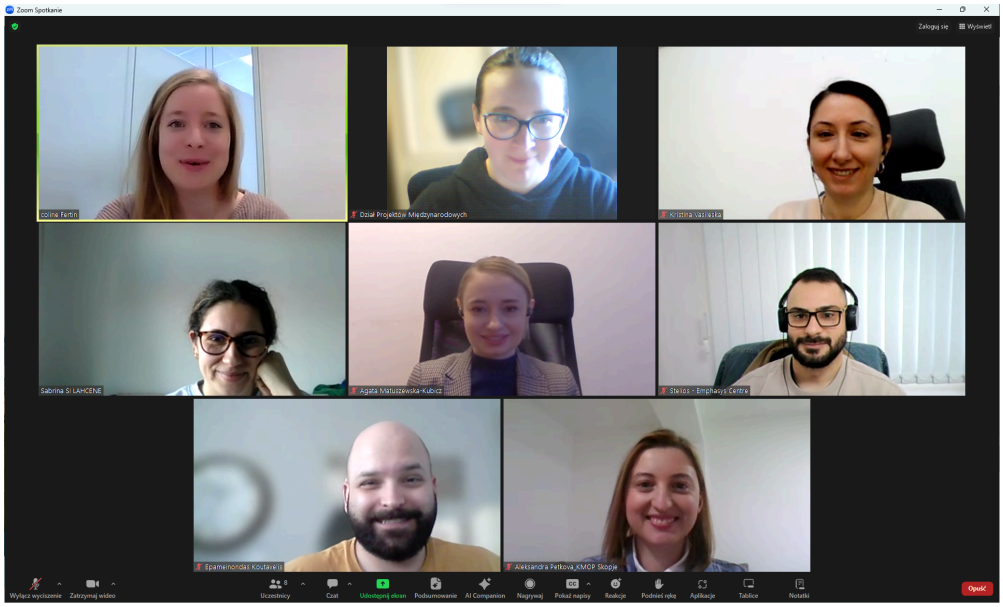
PRESS RELEASE

Hold On 3rd Transnational Project Meeting

13th February, 2024

Online

During the 3rd Transnational Project Meeting that took place online on 13 February 2024, Partners discussed all Work Packages of Erasmus+ Project HOLD ON.



Updates about Work Package 2: Youth Capacity Building

Based on the needs assessment results, partners designed the e-learning course to empower young people with valuable insights and tools to navigate the intricacies of mental health and well-being. Soon, the course will be translated, digitalised and piloted with end users to gather their feedback and opinions. The course will be piloted in April in the participating countries. If you are

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a young person (14-29 years old) interested in mental health and want to participate, contact your local organisation to learn more!

Updates about Work Package 3: Fostering Supportive Environments

The Macedonian partner and leader of WP3, KMOP – Skopje, updated partners about WP3 progress. The Insights Report, prepared based on national desk research and interviews with professionals who work with young people in each partner country, is about to be finalised. The research phase's findings will serve as the basis for designing the Hold On Handbook. Later, partners will also organise and facilitate a National Matchmaking Day.

The launch of Work Package 4: Enhancing collaboration and policy response

WP4 leader- SAN presented the assumptions of this work package. It will result in developing, piloting and releasing the HOLD ON exchange platform, allowing youth and professionals working with youth across Europe to exchange their experiences, best practices and lessons learned in establishing and maintaining peer mental health support groups and learn from others. Also, the Policy landscape and recommendations document will also be developed, mapping the relevant national and EU governmental and community stakeholders. Furthermore, Partners will organise diverse advocacy activities through which youth and professionals working with youth can effectively communicate the policy recommendations to the relevant stakeholders.

Discussion of responsibilities and future steps

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During this meeting, specific deadlines were established for upcoming tasks, and quality and dissemination responsibilities were discussed and assigned.

We would like to thank our coordinator, AFEJI (France), and the rest of our partners: KMOP Education and Innovation Hub (Greece), Społeczna Akademia Nauk (Poland), Emphasys Center (Cyprus) and KMOP Skopje (North Macedonia) for their collaboration and contribution to the project and meeting.

👉 Follow the 'Hold On' website and social media to be updated about the project's progress and be the first to learn about the interesting outcomes of our mental health and peer support survey conducted among youth around the EU!

www.holdonproject.eu

@HoldOnYouth

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