Consortium

Coordinator

Afeji – Hauts-de-France – TOUTES LES VIES ONT LA MÊME VALEUR

Consortium

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ERASMUS+ KA2 STRATEGIC PARTNERSHIP IN THE YOUTH SECTOR

About the project

The 'Hold On' project intends to expand young people's access to informal peer mental health services at non-medical service points and equip non-medical professionals working with young people with the ability to recognize mental health issues and provide informal support.

www.holdonproject.eu

Hold on

FOSTERING ACCESS TO MENTAL HEALTH SUPPORT FOR YOUNG PEOPLE

@holdonpeuproject

HoldOn Aims

- **To enhance** young people's **access to mental health support services.**
- **To strengthen and encourage** young people to **support others** through informal **peer support** services.
- To **equip professionals** working with youth with the **skills** and **knowledge** to create **supportive environments** for the provision of informal mental health services
- **To raise awareness of youth mental health** and the importance of community.

All stress, anxiety, and depression, are caused when we ignore who we are and start living to please others.

-Paulo Coelho-

Project Results

Youth Capacity Building:

- Development of an e-learning course on mental health & well-being topics
- A mentoring programme, to establish peer mental health support
- Youth Mental Health Advocates International Conference in Athens

Fostering Supportive Environments

- An insight report with experiences, challenges and facilitators of professionals working with young people
- A handbook with theoretical frameworks, methodology & practical tools for professionals working with young people

Enhance Collaboration and Policy Response

- An exchange platform
- A policy landscape and recommendations
- Advocacy activities