## The partnership:

**Coordinator**

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

**Partners**

Społeczna Akademia Nauk — University of Social Sciences

kmop Education Hub

kmop Skopje

Emphasys Centre

Bashkia Shkodër

## Get in touch:

www.holdonproject.eu

@HOLDonPROJECT

@holdonproject

Co-funded by the European Union

**This project has been funded with support from the European Commission. This communication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.**

**Project number: 2022-2-FR02-KA220-YOU-0B6EBB79**

ERASMUS+ KA2 STRATEGIC PARTNERSHIP IN THE YOUTH SECTOR

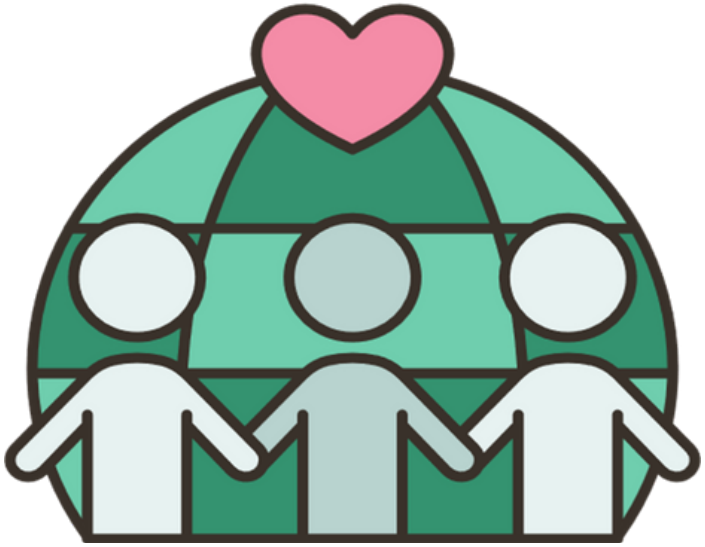
# ABOUT THE PROJECT

The 'Hold On' project seeks to address rising mental health issues among young people by expanding access to **informal peer mental health services** at non-medical points. It also aims to bridge knowledge gaps and empower non-medical professionals to recognize and offer informal support for mental health issues in young individuals.

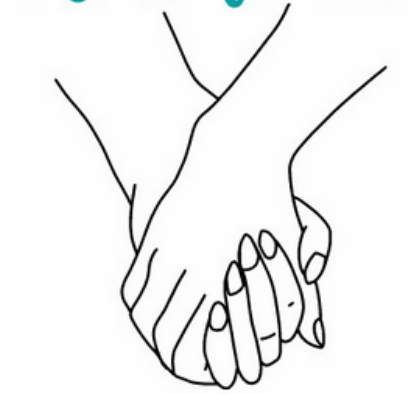
www.holdonproject.eu

Hold on

# FOSTERING ACCESS TO MENTAL HEALTH SUPPORT FOR YOUNG PEOPLE



Hold on



www.holdonproject.eu

# MENTORING SESSIONS

The mentoring sessions are designed for young people who are motivated to engage in **activities** that **promote positive mental health and well-being among their peers**, and who aim to **create a peer support network**. These sessions will provide valuable insights, guidance, and opportunities for **personal development** in environments conducive to learning.

The mentoring program will be implemented simultaneously in all participating countries, with at least **five sessions** conducted for young people aged 16-29 in each partner country. The goal is to **enhance key skills** among the youth in **providing peer mental health support**.

Participants will gain **valuable knowledge** about **mental health**, including recognising signs of mental health issues and approaches to building resilience. Additionally, they will have the opportunity to participate in **activities that promote peer support.**

Those who demonstrate good practices through the mentoring program will have the opportunity to attend the **International Conference** in Athens, Greece. They will have the opportunity to **share their experiences and practices with young people from other EU countries**.

# BENEFITS FROM MENTORING SESSIONS

- **Motivated Young People**: Participants from the six partner countries will be inspired and driven.
- **Equipped for Support:** Young people will be prepared to provide peer support.
- **Ongoing Guidance:** Continuous support in implementing ideas for peer education and advancing mental health.
- **Networking Opportunities:** Connect with peers and experienced mentors.
- **International Conference Participation:** Opportunity to promote the achieved results at the International Conference in Athens, Greece in October 2024.
- **Personal Growth:** Foster personal development and growth.

***"In the middle of difficulty lies opportunity."***

***- Albert Einstem***