

Mental Health Awareness & Education for Parents, Guardians, Educators, and School Administrators of Teenagers



January 2024 Newsletter



WP 2: Development of the Training Package

Phase one in developing the Training Modules involved in-depth transnational focus groups.

Participants were mental health professionals, educators, school administrators, parents of children with mental health illnesses and youth workers.

Valuable insight was gained in identifying the current situation on the provision of youth mental health supports and awareness in each of the consortium countries.

The findings of the focus groups, were the foundation of the content for the Training Modules.





Modules Developed

1. Mental Health and Wellbeing
2. Symptoms, Causes and Triggers
3. Promoting Healthy Eating and Lifestyle
4. Cultural and Social Barriers
5. Supporting Teenagers with Mental Health Conditions
6. A Stigma Free World

The modules have been developed to support educators, parents and school administrators, to build awareness of mental health conditions in youth.

Additionally, modules address challenges and complexities of youth mental health and how parents and educators can support youth at home and in the educational setting.

This training package will be available for FREE to all registered users.