**October 2024**

SIGN is an Erasmus+ funded project that aims to provide in-depth information and knowledge about the most common mental health conditions affecting European teenagers.

SIGN supports parents and guardians in tackling Mental health-related matters in the home and teachers in combating with similar issues in the school environment. The goal of SIGN is to offer in-depth information and knowledge about the most common mental health conditions affecting teenagers in Europe, especially in the countries of the consortium (Slovenia, Cyprus, Ireland, Spain and Greece) for their personal and/or professional development, ultimately for the benefit of the teenagers they are responsible for.

The SIGN project is focused on the mental health of young people through the development of an open-access educational digital tool. The digital toolkit provides guidance and support on a personal and professional level to target groups and all other interested individuals. The SIGN digital toolkit is prepared based on information on the modern development of young people's mental health, considering new perspectives and approaches.

In Volos, within the framework of the SIGN project, in October 2024, we held a Multiplier Event for the social inclusion of participants such as mentors, parents of teenagers and some other pedagogical workers. A total of 26 participants attended the event. The participants were teachers, parents and school principals of teenagers.

The digital toolkit is freely available at <https://signeuproject.com/>

The 6 modules provide learning about mental health and well-being and cover the following topics:

 - understanding the state of mental health in young people and how to identify them;

- symptoms, causes and triggers: common mental conditions in young people; early warning signs of mental health problems, recognising and responding to them;

- Strategies for promoting healthy habits and lifestyle choices of young people;

- Addressing cultural and social barriers that can affect mental health and recovery; ways to create local support and inclusive network; the impact of diversity on youth mental health: how factors such as race, ethnicity, religion, sexual orientation, and gender identity can affect adolescent mental health outcomes;

- Supporting teenagers with mental health problems through the education system: how teachers/educators can help; providing a safe and supportive home environment; how parents/family/friends can help.

- A world without stigma: strategies for effective communication with young people about mental health problems, how to reduce stigma and promote acceptance.

In addition, during the project, a Guidebook was developed to be a key tool in supporting adult educators and practitioners to increase their understanding of mental health and the provision of transformative education programmes.

With the SIGN project, we also want to reach individuals from different socio-economic backgrounds (parents, guardians, educators and teachers of young people in privileged and less privileged schools, in private and public institutions), so the toolkit is available to anyone interested or affected.

