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

SIGN

www.signyouthmentalhealth.eu

WP3-SIGN Digital Toolkit

The SIGN Digital Toolkit, a resource designed to raise awareness and provide practical support for mental health issues affecting teenagers. It is tailored for parents, guardians, educators, and school administration staff, as well as mental health professionals, adult education providers, and related organizations.

Access to the toolkit is free (with registration) and will remain available for at least five years after the project's completion.

What the Toolkit offers:

The SIGN Digital Toolkit is available in four languages: English, Slovenian, Greek, and Spanish. It features six didactic modules designed to enhance understanding and support for teenage mental health:

1. *Learning About Mental Health and Introducing Vicarious Trauma*
2. *Supporting Teenagers: The Early Warning Signs*
3. *Strategies for Promoting Healthy Habits and Lifestyle Choices in Teenagers*
4. *Building Inclusive Communities: Addressing Social and Cultural Barriers*
5. *Empowering Adolescents: Nurturing Mental Well-being in Schools and Homes*
6. *A Stigma-Free World: Promoting Acceptance*

University Rehabilitation Institute Republic of Slovenia

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Testing, Feedback, and Final Adjustments
To ensure that the toolkit is fully functional and meets user expectations, feedback was gathered from 12 representatives across the project's partner organizations during May and June 2024.

Operational Demonstration Events
To introduce the toolkit to SIGN's target audiences, the partners organized five Operational Demonstration Events (ODEs) across Slovenia, Ireland, Cyprus, Greece, and Spain in May and June 2024. These events provided hands-on demonstrations of the toolkit and facilitated a valuable exchange of ideas. Feedback collected during these events led to further refinements of the toolkit. Overall, 65 participants engaged with the platform during these events.

Supporting documentation and Operational Guide Manual
Additionally, the Operational Guide Manual for the Digital Toolkit, which provides practical instructions and educational potential for use by educators in Adult Education, is now published.

We invite all stakeholders to explore the SIGN Digital Toolkit and integrate its resources into their practices to foster a supportive environment for the mental health of teenagers.

https://signeuproject.com/

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