

EUROVÉRTICE

ESPECIALISTAS EN FINANCIACIÓN EUROPEA

INTERREG EUROPE - Preventing, combatting and overcoming youth mental health through interregional peer-to-peer learning

Policy objective 4 - More social Europe

Specific objective: Equal access to health care, health systems resilience, family-based and community-based care

OBJECTIVE The aim of the project is to work collaboratively and with a holistic approach across European regions and cities in order to prevent, combat, and overcome youth mental health.

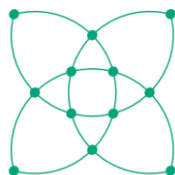
Young people's mental health in the European Union (EU) is a big concern. Behind the cold statistics lie young lives crushed by depression and anxiety. Suicide is now the second leading cause of death for EU youth. Our youth are also inheriting a troubled world, from climate change to COVID-19.

During the pandemic, many children and young people suffered from prolonged isolation and a lack of interactions with teachers and peers. They experienced anxiety, psychological problems and exposure to more stressful home environments, with heavy consequences on their motivation and overall emotional well-being.

However, traditional issues such as burnout and post-graduation pressures also contribute to this problem. Notably, the new age of digitalisation is detrimental to youth. Young people are grappling with feelings of loneliness and societal expectations that they struggle to meet. There is also a stigma surrounding mental health, particularly for the older generations.

Therefore, the Project has planned to work on the urgent need for intervention and championing public policies and initiatives aimed at early detection and comprehensive treatment options. In particular, the Project will work in the following areas:

- Youth mental health post-Covid
 - Addiction to social networks - Distortion of reality. Role of the media.
 - Behaviour and emotional disorder: Sexual violence and bullying
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- Mental health in vulnerable groups
- Coordination of different territorial actors (education, youth, health, police ...).
- Early detection methods and tools.

MAIN ACTIVITIES

Core phase “Exchange of experience” (3 years)

To select, exchange and transfer of good practices as a result of the interregional learning path, the partners will:

1. Analyse the regional contexts and identify good practices in the different aspects above-mentioned
2. Analyse of good practices and exchange of experiences at interregional and regional level
3. Create Local Action Groups and stakeholder working groups in each territory to share the lessons learned during the process and to provide input for future project activities.
4. Drafting potential pilot actions..

Follow-up phase (1 year)

The main results of the exchange of experience will be monitored by the implementation, monitoring and dissemination of Action Plans, the definition of local groups for project result implementation, project meetings and events.

MAIN RESULTS

Identification of good practices.

Improvement of public policies.

Design of a pilot actions.

Capacity building of staff involved in project partners.

Project coordinator

Regional Ministry of Education at the Region of Murcia (Spain)

Submission date

07th June 2024

Project budget

Around 1.500.000€

Partners needed

Regional/local public entities or public law bodies responsible for the development and/or implementation of policies in the field of youth, education or health.

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