

Youth Partnership

Partnership between the European Commission
and the Council of Europe in the field of Youth



T-kit 16 on Well-being and mental health of young people

[Training kits \(T-kits\)](#) are hands-on materials meant for supporting the training and education of practitioners involved in international youth work. Since 1998, the [Youth Partnership](#) has been continuously developing T-kits and in recent years has been updating the content of different T-kits to reflect the continuous development of the youth work field and the changes of general context.

In 2024-2025, a new T-kit 16 on the Well-being and mental health of young people will be developed.

Young people's and youth workers' mental health and well-being has particularly been the concern of the European youth sector since the COVID-19 pandemic. Both institutions have placed an increased importance on young people's mental health and well-being, through studies, support programmes and planned development of policy instruments, such as the report [The impact of the Covid-19 pandemic on the mental health of young people \(2022\)](#), the European Commission's communication [A comprehensive approach to mental health, stemming from the European Year of Youth](#), and the resolution of the Parliamentary Assembly of the Council of Europe on mental health and well-being of children and young adults. It is also a matter of concern of many youth organisations in Europe.

The Youth Partnership started to tackle this issue in 2020 with the development of research papers and publications:

- [Coyote youth work magazine on well-being issue 32 \(2021\)](#);
- [The effects of COVID-19 on young people's mental health and psychological well-being \(2020\), the updated literature review \(2022\) and visual \(2022\)](#);
- [COVID-19 and young people's mental health- podcast \(2021\)](#)
- [Youth services during the COVID-19 pandemic – a patchy net in need of investment, visual and podcast \(2021\)](#).

It has also organised a [Symposium Navigating Transitions: adapting policy to young people's changing realities](#) in 2022, where mental health and wellbeing were addressed as one of the topics related to youth transitions.

In 2024-2025, Youth Partnership will conduct [research on young people’s mental health and well-being](#), aimed at analysing available support systems at different levels, providing guidance for policy and practice and further exploring the different triggers that aggravate young people’s mental health and well-being (socio-economic, climate, conflict, digitalisation, working conditions, etc.).

Objectives

The T-kit aims at:

- Offering a comprehensive educational manual to be used by youth workers and trainers in their practical work on the topic with young people;
- Translating the existing research by the Youth Partnership on this topic as well as the work done by the partner institutions and other youth sector stakeholders for educational purposes;
- Identifying and sharing relevant good youth work practices and available support systems and resources at European, national and local levels, and examples of existing initiatives of cross-sectoral co-operation;
- Offering a set educational methods and activities to be used in a variety of youth work and non-formal educational settings that allow users to support young people discover, understand and apply youth work referrals and approaches on mental health and well-being issues, as well as their learning process and competence development on the topic;
- Providing basic necessary knowledge on interrelated topics, including human rights and specialised support.

Timeline

The provisional timeline presents the **main steps of the development of the new publication** as well as parallel related research and activities.

June 2024	Online expert group meeting to discuss the scope and concept of the new T-kit
July-November 2024	Initial concept development and editorial work and parallel research study based on desk research and a survey to EKCYP, PEYR, youth organisations and other youth actors to map youth sector responses and resources supporting young people’s mental health and well-being.
27-28 November 2024 or early December	Seminar with youth policy makers, youth workers, youth activists, researchers and stakeholders from other sectors, presenting and discussing the results of the study. Possibility to present the T-kit concept and collect feedback from participants.
Early 2025	Report outlining the conclusions of the seminar
Throughout 2025	Development of the T-kit 16 on mental health and wellbeing
Spring 2025	Publication of visual and video materials and highlights, podcasts and Insights publication on young people’s mental health and well-being
2025, tbc	Insights on mental health and well-being
2026	Publication of the T-kit 16 on mental health and wellbeing

Expert group

The expert group will gather representatives of the European Commission, the Council of Europe and of the statutory bodies of its youth sector, National Agencies for Erasmus+ and European Solidarity Corps programmes, SALTO Resource Centres, other institutions and organisations from the European youth field and youth organisations, and researchers, educators, and youth policy experts from the networks of the Youth Partnership and beyond.

Youth Partnership team

Laszlo Milutinovits: laszlo.milutinovits@partnership-eu.coe.int