

PERSPECTIVES ON YOUTH SERIES

Seminar on Youth Mental Health & Well-being

AGENDA

18-19 March 2025, European Youth Centre Strasbourg

Day 1: Tuesday, 18 March

09:00

Welcome and opening remarks

- **Tobias Flessenkemper**, Head of the Youth Department, Council of Europe
- **Ambassador Vesna Batistić Kos**, Head of Delegation, Delegation of the European Union to the Council of Europe
- **Sina Riz a Porta**, Board member, European Youth Forum

09:30

Mindfulness moment

09:40

Youth mental health and well-being

A first glance at participants' perspectives

10:10

Presentation of the Youth Partnership study on young people's mental health and well-being

- Introduction to the project, **Lana Pašić**, EU-Council of Europe Youth Partnership
- Policy frameworks and strategies on young people's mental health and well-being **Mette Ranta and Stefanos Mastrotheodoros**, researchers

10:45

Coffee Break

11:15

Sharing rounds

Exploring national policies on young people's mental health and well-being

12:30

Lunch Break

Youth Partnership

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



EUROPEAN UNION



CONSEIL DE L'EUROPE

PERSPECTIVES ON YOUTH SERIES

Seminar on Youth Mental Health & Well-being

14:00

Services and tools supporting youth mental health and well-being

Veronica Stefan, researcher, PEYR

14:30

Parallel sessions

Examples and case studies of mental health services

- **Germany:** Mental Health Coaches in schools
- **France:** Nightline
- **Serbia:** NAPOR, "Hej tu smo" programme
- **Wales, UK:** Mind Our Future Gwent

16:00

Break

16:30

Plenary: Harvesting highlights

17:00

Closing of the day

19:00

Dinner

20:30

Evening program (optional)

Day 2: Wednesday, 19 March

09:00

Opening of day 2

09:15

Youth work and youth mental health and well-being

Veronica Stefan, researcher, PEYR



PERSPECTIVES ON YOUTH SERIES

Seminar on Youth Mental Health & Well-being

09:30

Thematic parallel sessions

- Youth and adolescent development
- Empowering youth workers
- Role of youth organisations in supporting youth mental health

10:30

Coffee break

11:00

Sharing insights from parallel session

11:20

Panel discussion

Supporting young people's mental health and well-being

12:30

Lunch break

14:00

Parallel sessions

Inspiring practices: How do youth organisations work with young people?

- Playfield of mental well-being, De Ambrassade
- What Makes Me Happy card game, L'mit
- A guide to neurodiversity in youth organisations
- Mind the Gap quantitative research, AnciLab
- T-kit on youth well-being and mental health
- Council of Europe's work on youth mental health and well-being

15:30

Coffee break

16:00

Reflection and exchange

16:45

Final remarks

- **Tijana Milošević**, rapporteur
- **Clotilde Talleu**, EU-Council of Europe Youth Partnership

17:00

Closing of the seminar

19:00

Dinner

Departures