

Mental Health Coaches at Schools in Germany

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Mental Health Coaches at Schools in Germany

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- Mental Health for us: something practical - Yolanda



Mental Health Coaches at Schools in Germany

Programme Duration: 08/2023 – 07/2025

Financed: Ministry of Family Affairs, Senior Citizens, Women and Youth (BMSFSJ)



Conducted by: Youth Migrant Services

5 Organisations:

Arbeiterwohlfahrt (AWO) – **Workers Welfare Association;**

Bundesarbeitsgemeinschaft Evangelische Jugendsozialarbeit (BAG EJSa) –

The Federal and Umbrella Organisation for Protestant Youth Work in Germany

Bundesarbeitsgemeinschaft Katholische Jugendsozialarbeit (BAG KJS) –

The Federal Catholic Youth Social Work Agency

Internationaler Bund (IB) – **The Internationaler Bund - IB**

Deutsches Rotes Kreuz – The German Red Cross and Der Paritätische – **Federation of Welfare Associations in Germany**

Mental Health Coaches at Schools in Germany

The **JMD Mental Health Coaches** prevention program offers young people a space for information, experience exchange, and discussions on **mental health**.

The programme was preceded by reports from pedagogical professionals in the broadest sense on mental health during and at the end of the Corona period.

<https://www.mental-health-coaches.de/>

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Goals

- Active engagement with the topic of mental health
- To learn strategies for dealing with stressful feelings
- To experience that talking can be a first step towards change
- Preventive offers at schools in various fields
- Referral to support services in the victim's social environment or city
- Network of different professions



Mental Health Coaches at Schools in Germany

Selbstbewusstsein steigern

Ängste überwinden

guten Umgang mit Gefühlen finden

Stress reduzieren

Resilienz stärken

Krisen überwinden

Bedürfnisse wahrnehmen

Entspannung fördern

Gemeinschaft stärken

über psychische Gesundheit sprechen

Ressourcen aktivieren

Mental Health Coaches at Schools in Germany

Schools

- <https://www.mental-health-coaches.de>
- Over 100 schools in all federal states
- In all types of schools except primary schools
- 1 723 Group offers (as of 05/03/2025) have been implemented since the beginning
- More than 62 201 young people have been reached



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How

- Group activities – participation in the topics
- Workshops – art, theatre
- Dance workshop for girls
- Discussion groups
- Safe spaces for talking about mental stress
- Counselling as a first step



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About the mental health coaches

- Youth worker
- Special Training before the start
- Training and come-together during the project duration



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Evaluation

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Short Discussion

Do schools in your country have anything similar?

If so, what are you doing?

How is it funded?



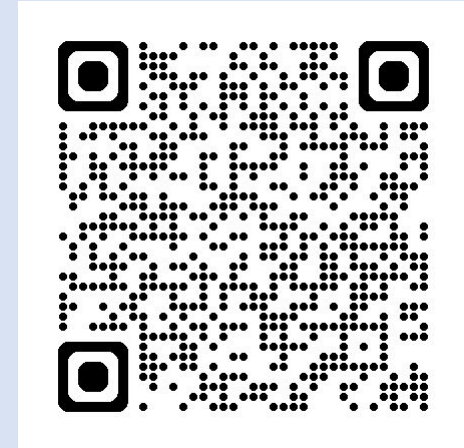
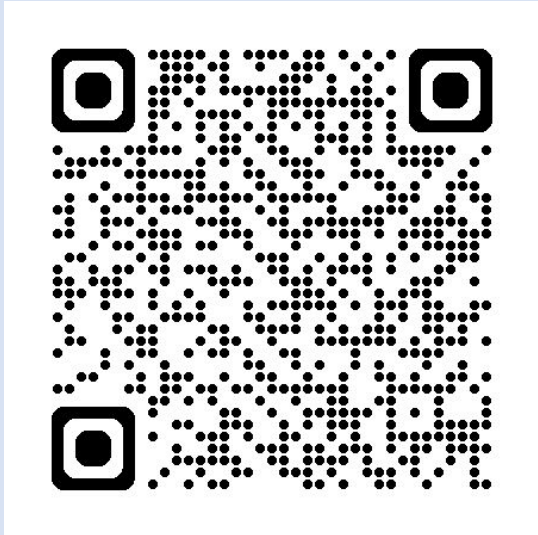
YES Innovation & Research e. V.

Who we are and what we do

Find out more



<https://www.yes-forum.eu/yesir/>



Mental Health for us all

Something Practical



Thank you for your attention!