

Youth Partnership 3/15/2025 ⇄

Seminar on youth mental health and well-being, 18th-19th March 2025, European Youth Centre Strasbourg

Please include key points discussed in each session, links to resources and any recommendations from the discussion

Case studies Germany: Mental Health Coaches in schools

⇄ YOUTH PARTNERSHIP 3/15/25 3:49PM

Session highlights

♡ 0 💬 5

Observant Owl 3/18/25 2:57PM

Program funded by the Ministry

Observant Owl 3/18/25 2:57PM

Done in 100+ schools in Germany

Observant Owl 3/18/25 2:57PM

Age 12+

Observant Owl 3/18/25 2:58PM

Training of Mental Health Coaches (mostly social workers and some psychologists) to do the activities in the schools (outdoor education, theatre...)

Observant Owl 3/18/25 2:59PM

The students decide what topics they want to work on

⇄ CINDY 3/18/25 2:59PM

Notes

Youth workers receive special training to support young people on mental health and wellbeing. Rolled out in 100 schools in Germany

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Case studies Serbia: NAPOR, "Hej tu smo" programme

⇄ YOUTH PARTNERSHIP 3/15/25 3:57PM

Session highlights

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Charming Hedgehog 3/18/25 3:53PM

After the mass shooting made by a young boy, a national program for mental health was put together

Charming Hedgehog 3/18/25 3:57PM

They trained psychologists, social workers and peer educators that did the workshops in the schools, they have also started a mentorship platform

Charming Hedgehog 3/18/25 3:58PM

Workshop were on 2 topics: mental health (combact stigma and advance mental health and wellbeing) + non-violence

Charming Hedgehog 3/18/25 3:59PM

This program is created through the hard work of many associations and stakeholders that put together a standardized program adaptable to local needs

Case studies France: Nightline

↩ **YOUTH PARTNERSHIP** 3/15/25 3:58PM

Session highlights

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NuKuLi 3/18/25 3:17PM

Nightline France is an phone/online service targeted to university students in 8 locations in France.

NuKuLi 3/18/25 3:18PM

The service is provided with trained volunteers who are 70% students of psychology, but that is not required. The service is offered in French but also in English in Paris

NuKuLi 3/18/25 3:19PM

Currently 450 volunteers work in the services, some locations have more volunteers than needed, some less. The service is open by phone or chat 21-02 every night in France, but not necessarily every day locally.

NuKuLi 3/18/25 3:21PM

Volunteers apply by an online form and they are interviewed. They take part in a 28 h training and are evaluated on how well they fit. After the training they can start meeting clients.

NuKuLi 3/18/25 3:25PM

The service is preventive, they do not diagnose or give therapy; They are trained on how to meet clients peacefully and asking right questions. The service is non-judgemental, confidential and anonymous. If the client is in a violent situation or conteplating suicide, the anonymity can be broken.

NuKuLi 3/18/25 3:25PM

Clients can be directed to other services with therapy or intervention.

NuKuLi 3/18/25 3:26PM

Guidelines for work are written down. Volunteers get counselling and peer support.

NuKuLi 3/18/25 3:28PM

The work is funded by universities and e.g. sponsored by private businesses.

NuKuLi 3/18/25 3:29PM

The work is coordinated by Service civique on national level, but run also locally.

NuKuLi 3/18/25 3:30PM

The method is promoted in Nightline Europe project, where the same kind of service should be opened in other countries, 29 Nightline services are working abroad, e.g. Germany

NuKuLi 3/18/25 3:31PM

Typical topics for discussions are isolation, loneliness, different mental health issues, suicide, depression

NuKuLi 3/18/25 3:32PM

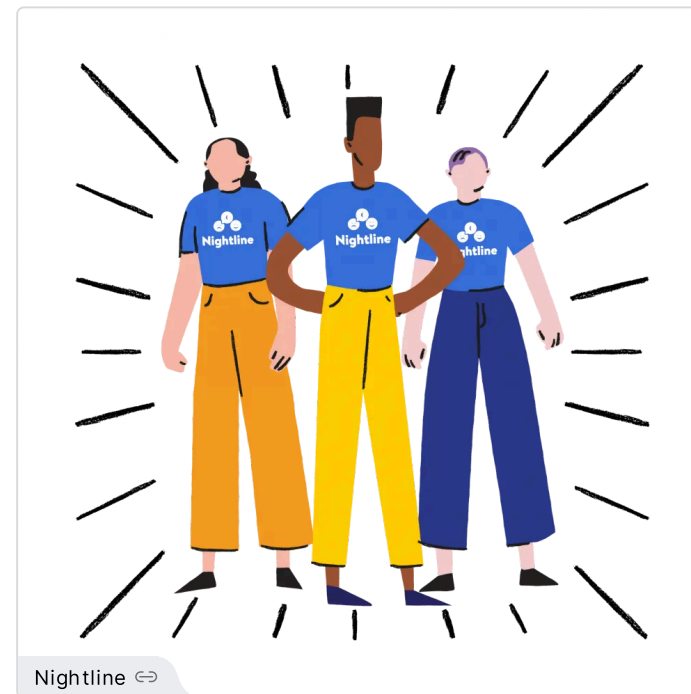
Services are promoted through universities, in fairs and seminars, student fairs and activities.



⇒ **CARLA (CJE)** 3/18/25 2:55PM

Nightline Website

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Nightline Paris

⇒ ÉRINA BRÉHÉRET 3/20/25 8:44AM

Your Nightline, here for you

♡ 0 💬 0



Nightline ⇒

Nightline France : pour une meilleure santé mentale étudiante

⇒ ÉRINA BRÉHÉRET 3/20/25 8:45AM

Nightline Europe : the big deal

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nightline.fr ⇒

⇐ ÉRINA BRÉHÉRET 3/20/25 8:45AM

Student Mental Health in Europe

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Student Mental Health in Europe_Nightline Europe_2025_PAP

Case studies Wales, UK: Mind Our Future Gwent

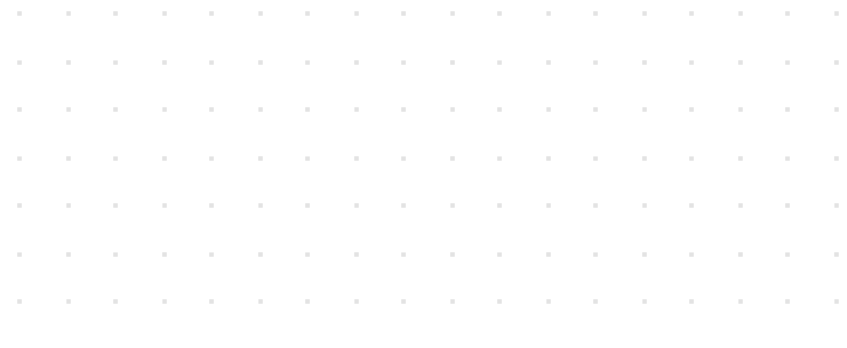
⇐ CINDY 3/18/25 2:34PM

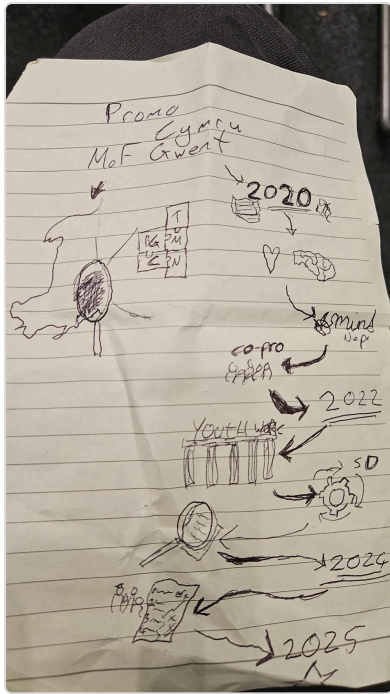
Description

Find out how we have employed and empowered 10 young people to create positive change to mental health support for their peers in Gwent, South Wales.

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Nick EYMH 3/18/25 4:40PM





⇒ YOUTH PARTNERSHIP 3/15/25 3:58PM

Session highlights

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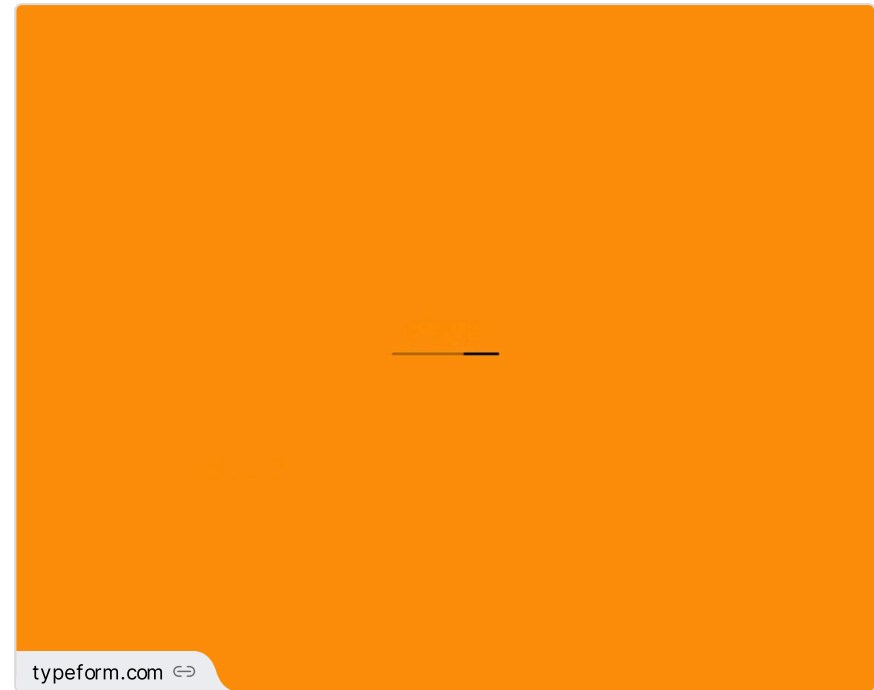
Nik Paddison 3/18/25 4:46PM

<https://www.instagram.com/keepinmindgwent/>

↩ CARLA (CJE) 3/18/25 4:01PM

💡 **Exciting opportunity for an international learning exchange**

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Taith Strasbourg Interested Orgs

Thematic parallel sessions: UNICEF programme, Serbia

↩ YOUTH PARTNERSHIP 3/15/25 3:58PM

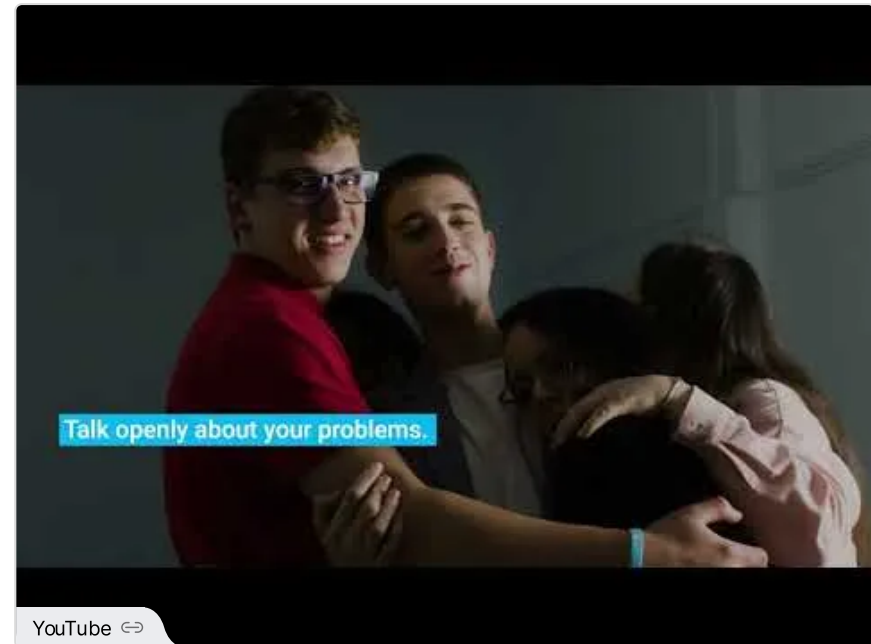
Session highlights

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Stasha 3/18/25 5:25PM

Description: unmet needs of youth, workforce development program for profesionas working in health, education and social welfare, antistigma campaigns, online tools for self help, interministerial cooperation and long term commitments, policy development on the regional level, U support me platform development and plans for launching.



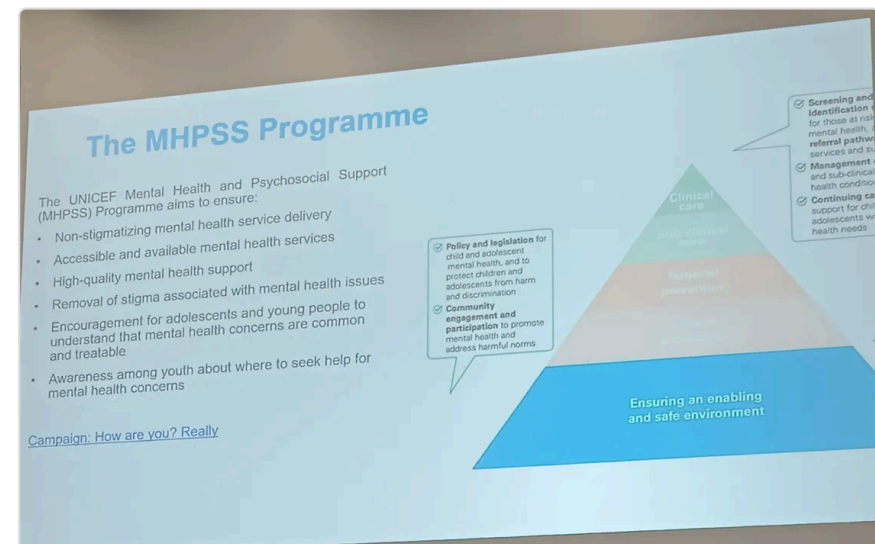


How are you? Really.

↩️ **SECRETIVELADYBUG** 3/19/25 11:25AM

Where is your youth work done?

1. Clinical care
2. Sub-clinical care
3. Targeted population
4. Universal prevention
5. Ensuring and enabling safe environment



⇒ STANISLAVA VUCKOVIC 3/20/25 8:12AM

Stanislava Vuckovic - ppt

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UNICEF Serbia.pptx - AutoRecovered

Thematic parallel sessions: Youth Workers programme, Latvia

⇒ AGNESE 3/19/25 11:42AM

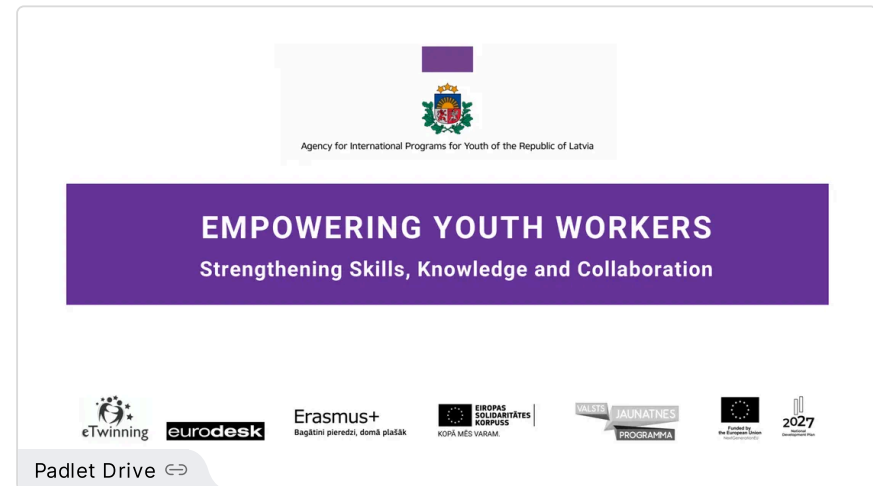
Presentation

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Agnese 3/19/25 11:44AM

The (Cat) Blob Tree Coaching Exercise

<https://www.rownhamcoaching.co.uk/post/the-cat-blob-tree-coaching-exercise>



Empowering Youth Workers-3

➞ YOUTH PARTNERSHIP 3/15/25 3:58PM

Session highlights

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➞ AGNESE 3/18/25 4:39PM

Description

This session explores Latvia's Excellence Program for Youth Workers—an initiative designed to strengthen skills, resilience, and collaboration through long-term training.

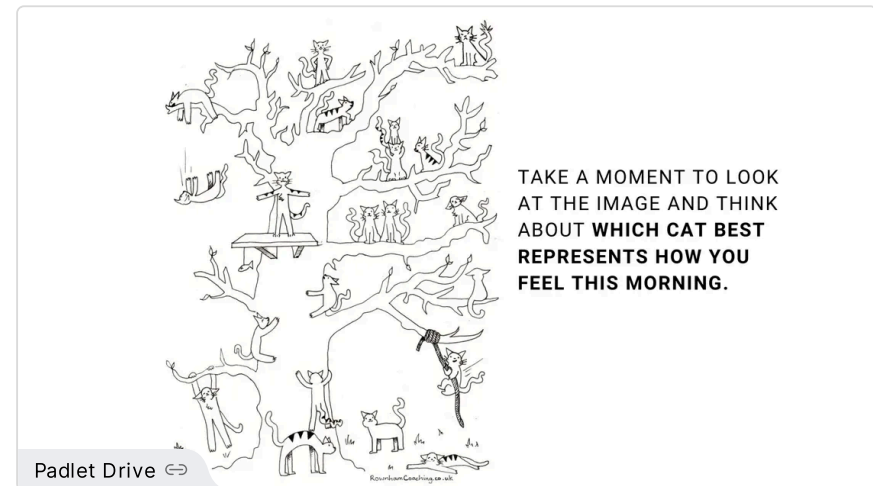
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➞ ALEXANDRE BEDDOCK 3/19/25 10:41AM

Presentation

Presentation

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Empowering Youth Workers-2

Thematic parallel sessions: Spanish Youth Council

➞ YOUTH PARTNERSHIP 3/15/25 3:58PM

Session highlights

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Carla (CJE) 3/19/25 11:56AM
Why Youth Organizations Matter

- *Precarity Link: Equilibristas* - 6x rise in psych issues; 60.4% suicidal ideation in deprivation.
- *Data: Observatorio* - 14.8% emancipated; rent 1,072€ vs. 1,048€ salary; 31.2% poverty risk.
- *Gap*: Only 17.4% get timely care; 5.14 psychologists/100,000 (compared to 18/100,000 EU avg).

Roles of Youth Organizations

1. *Awareness & Education*: Don Bosco trains animators to spot mental health signs.
2. *Safe Spaces & First Contact*: CJE-Fad forums host hundreds in relaxed settings.
3. *Advocacy*: CJE uses data to push policy (e.g., jobs, housing).

Main Highlights:

- *Evidence*: e.g. 49.9% young women and 41% young men diagnosed with mental issues (*Equilibristas*).
- *Action*: Don Bosco & CJE-Fad show practical impact.
- *Policy*: 2024 Presidency boosted systemic efforts.
- *Outcome*: Participants generated actionable ideas, and encouraged to reach out to their local youth organizations/youth councils.

↩ CARLA (CJE) 3/19/25 11:45AM

Contact Information

Carla Alvarez Gonzalez

International Affairs Committee CJE

Consejo de la Juventud de España - Spanish Youth Council

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✉ calvarez@cje.org

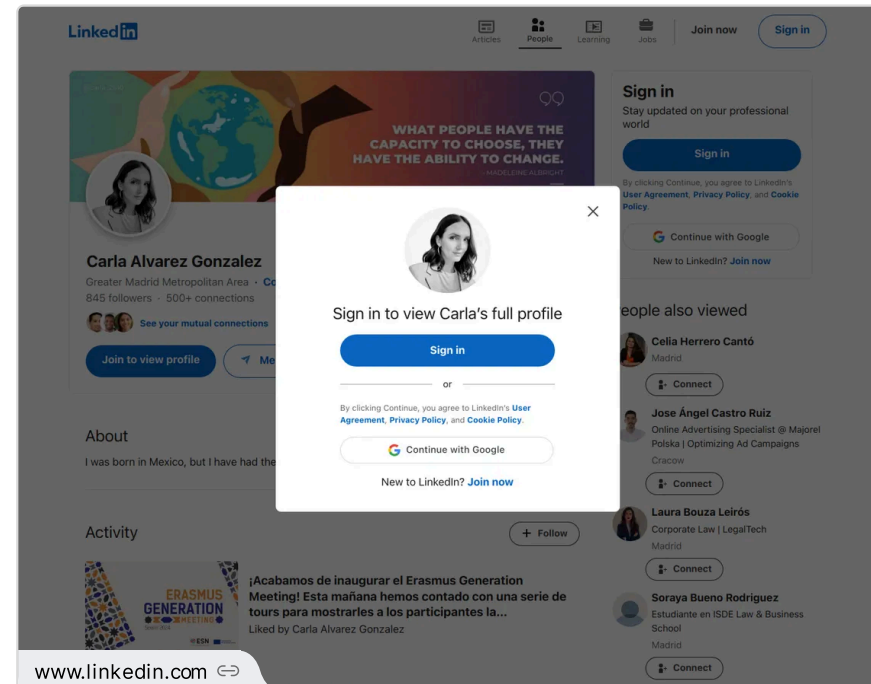
🌐 <https://www.cje.org>

📷 [instagram.com/consejojuventudespana/](https://www.instagram.com/consejojuventudespana/)

🔵 https://x.com/_cje/

Feel free to reach out for any reason! We can help you get in touch with your National Youth Council, collaborate on projects and advocacy or just grab a coffee (if you're ever in Madrid).

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carla-alvarez-gonzalez

⇌ CARLA (CJE) 3/19/25 11:27AM

Description

This interactive workshop explored how youth organizations can address the escalating mental health crisis among young people, drawing on real-world efforts from the Spanish Youth Council (CJE). Using insights from the *Equilibristas* report and socioeconomic studies like the *Observatorio de Emancipación*, we examined the link between precarity (unstable jobs, unaffordable housing) and mental well-being. Through CJE examples, including Don Bosco's animator training and the CJE-Fad Juventud forums, we highlighted three key roles: raising awareness, providing safe spaces as first contact, and advocating for change. Set against Spain's 2024 Council of Europe Presidency focus on youth mental health, participants were able to brainstorm actionable solutions tailored to their contexts.

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⇌ CARLA (CJE) 3/19/25 11:30AM

Role of Youth Organizations

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Role of Youth Organizations_CJE

⇒ CARLA (CJE) 3/19/25 11:33AM

Emancipation Observatory

More detailed information: <https://www.cje.org/investigacion/#>

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2024-1SEM_Informe-estatal

⇒ CARLA (CJE) 3/19/25 11:33AM

Equilibristas... Our Mental Health Report

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AF_INFORME-JUVENTUD_compressed

⇒ CARLA (CJE) 3/19/25 11:49AM

European Youth Forum's work on mental health

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European Commission's Mental Health Initiative - what is it, why now, and why should you care? | European Youth Forum

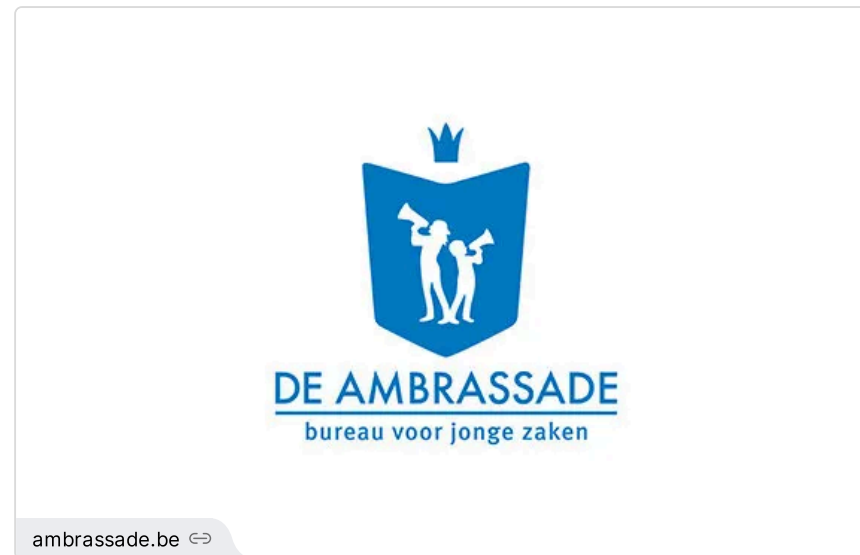
Inspiring practices: Playfield of mental well-being | De Ambrassade, Belgium

↪ YOUTH PARTNERSHIP 3/18/25 2:45PM

Ressources

<https://ambrassade.be/nl/kennis/artikel/playfield-of-mental-well-being#:~:text=The%20%27Playfield%20of%20mental%20well,within%20y,our%20youth%20work%20organisation.>

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Playfield of mental well-being

↪ YOUTH PARTNERSHIP 3/15/25 3:58PM

Session highlights

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↪ AAGJEROTTIERS 3/19/25 5:09PM

some more inspiration: Yiminds project via Eyrica
podcast, guide for youthworkers, research

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↩ AAGJEROTTIERS 3/19/25 5:10PM

powerpoint used with some background
on policy of mental health in Flanders

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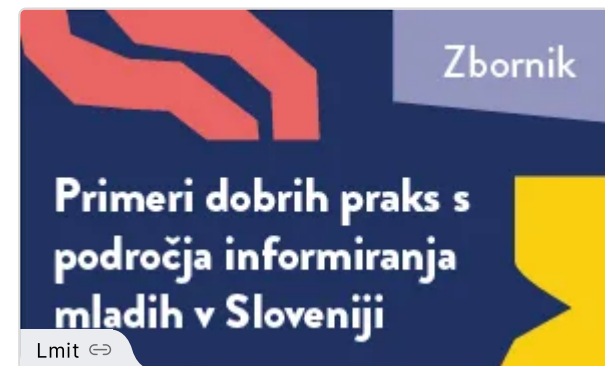
Playfield mental well being-DA-ENG council europe seminar

Inspiring practices: L'mit - What Makes Me Happy" card game, Slovenia

↩ YOUTH PARTNERSHIP 3/15/25 4:01PM

Resources

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Zbirka iger "Kaj me osreči"

↩ YOUTH PARTNERSHIP 3/15/25 3:58PM

Session highlights

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⇒ YOUTH PARTNERSHIP 3/15/25 4:02PM

Resources

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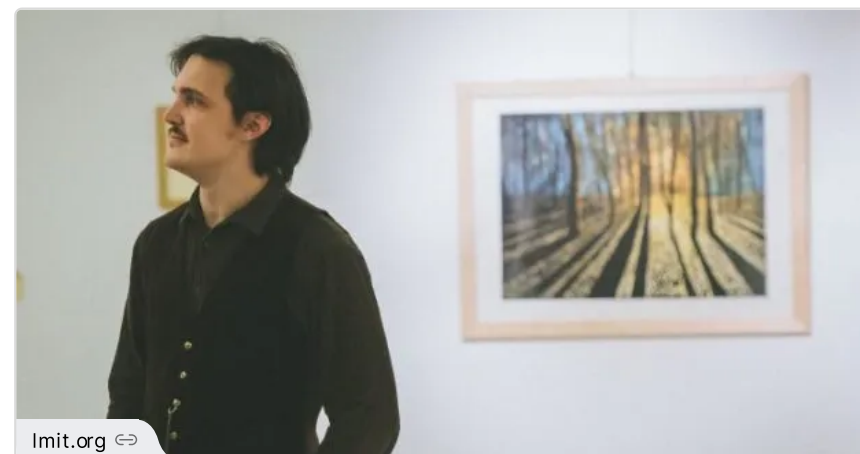


NATEČAJ: Kaj me osreči ... | LMIT

⇒ YOUTH PARTNERSHIP 3/15/25 4:02PM

Resources

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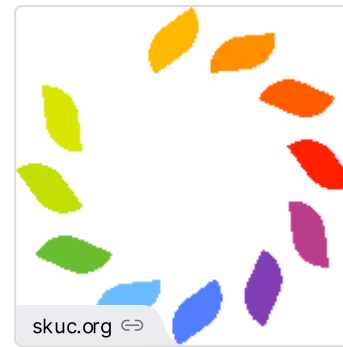


LMIT

↩ **YOUTH PARTNERSHIP** 3/15/25 4:02PM

About the organisation

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o nas

↩ **MASA** 3/18/25 2:42PM

The collection of activities consists of the “What Makes Me Happy” cards and a short manual that offers youth workers a few suggestions on how to use the cards in their work. It is aimed at youth workers, counsellors, social workers, educators and trainers who work with young people and want to encourage them to think about themselves, about what makes them happy and what they like to do. This gives young people a chance to get to know themselves and support their claims and, based on their answers, youth workers can steer them towards various activities of their interest or refer them to the appropriate organisation.

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Inspiring practices: A guide to neurodiversity in youth organisations

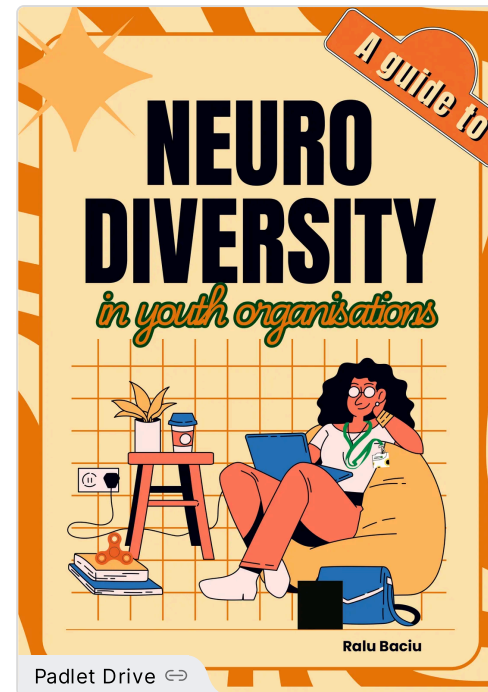
➡ YOUTH PARTNERSHIP 3/18/25 2:47PM

Ressources

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Ralu 3/19/25 4:55PM

Contact: email rralubaciu@gmail.com



Ralu Baciú_A guide to Neurodiversity in Youth organisations_draft

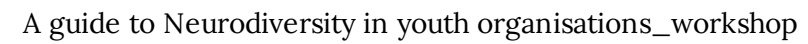
➡ YOUTH PARTNERSHIP 3/15/25 3:58PM

Session highlights

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➞ YOUTH PARTNERSHIP 3/18/25 2:48PM

Ressource

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Lucia Merlino_MIND THE GAP - Quantitative report_V_3 - ENGLISH

➞ UNUSUAL CRICKET 3/18/25 3:37PM

Youth Mental Health needs in the school- to work -transition. A comparative report in Germany, Italy, Spain, Poland, Slovenia.

The Project Mind the GAp aims to develop novel knowledge on young people's mental and emotional wellbeing during the school to work transition, a delicate phase.

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Inspiring practices: T-kit mental health

➞ YOUTH PARTNERSHIP 3/15/25 3:59PM

Session highlights

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⇒ NIK PADDISON 3/19/25 8:58AM

T-Kit

This is an informative session about the proposed structure of the T-Kit and its content (as developed so far). Participants will be asked to share stories, activities and topics that they feel need to be included in the T-Kit.

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Inspiring practices: Mental health and well-being at the time of war

⇒ YOUTH PARTNERSHIP 3/18/25 2:50PM

Session outlines

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Anna 3/19/25 8:23PM
<https://www.coe.int/en/web/kyiv/-/guide-on-trauma-informed-youth-work-is-translated-in-the-english-language>



Session Outline

Title of the Session	Council of Europe, Mental health and well-being at the time of war
Date, Time	19 March, 14:00 (45 min)
Aims and Objectives	To introduce the relevance of Mental health and well-being in CoE context and present existing practices
Methodology and methods	Circle sitting where everyone could see each other with prepared cards (one per chair) in advance
Programme (Step by step explanation – including timing)	<p>15 min. Welcome the participants and ask everyone in a circle to look at their cards and think (3 min) with further say:</p> <ul style="list-style-type: none">• how the person should be addressed (social name)• why they choose this workshop associating with the cardWhat do you know about CoE in this area <p>20 min presentation or discussion</p> <p>1) YP and YW to reflect on the well-being of young people through four thematic areas: participation, inclusion, mental well-being, and empowerment, while maintaining a focus on the horizontal dimension of the human rights-based approach.</p> <p>2) Relevance to the Council of Europe values and priorities:</p> <ul style="list-style-type: none">• United around our values – ResValent Declaration 2023• Resolution 2361: Mental health and mental well-being of children and young adults• Youth Strategy 2030• Recommendation on Young People and Climate Action <p>3) Practical tool available in EN Guide on Trauma Informed Youth Work. Conclusions about well-being of young people coming of age in times of war through human right-based youth work and youth policy approaches</p> <p>10 min Q&A</p>
Materials and hand-outs needed	Anna prints p14,19,20, 27,28,29,38,39,43,44,46,48, 56,59,62,76,77 Slides, Share, Les ateliers - Visual tool for education.pdf - MyCloud

Padlet Drive ⇒

Session Outline CoE

⇒ YOUTH PARTNERSHIP 3/15/25 3:59PM

Session highlights

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ANNA 3/19/25 8:37PM
<https://rm.coe.int/2024-report-seminar-wellbeing-ukraine-eng/1680b499c1>

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1680b499c1

Other resources

NICK EYMH 3/18/25 4:34PM
How to report co-production for researchers in mental health
<https://eymh.org/wp-content/uploads/2025/01/EYMHvF-patient-and-public-involvement-in-youth-mental-health-research-protocol-for-a-systematic-review-of-practices-and-impact.pdf>

♡ 0 0

ALEXANDRE BEDDOCK 3/19/25 3:29PM
SNAC - Mental Health in Youth Work
The project webpage:
<https://www.oph.fi/en/education-development-and-internationalisation/long-term-cooperation-projects/mental-health>
Some stories:
Peer-to-Peer training in Bulgaria

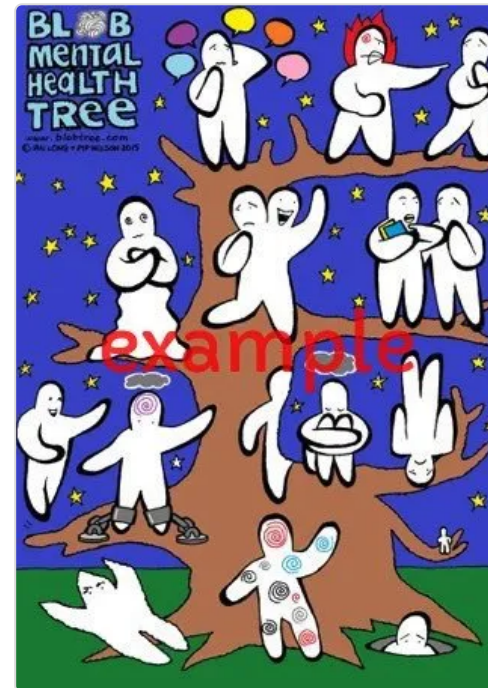
<https://www.oph.fi/en/news/2025/power-peer-support-young-people-mental-health-advocates>
Training of mentors of European Solidarity Corps volunteers
<https://www.oph.fi/en/news/2025/capable-mentors-toolkit-includes-basics-supporting-mental-health-volunteers>
Teport of a big youth event in Portugal
<https://www.oph.fi/fi/node/15611>

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➞ YOUTH PARTNERSHIP 3/21/25 12:43PM

Blob tree

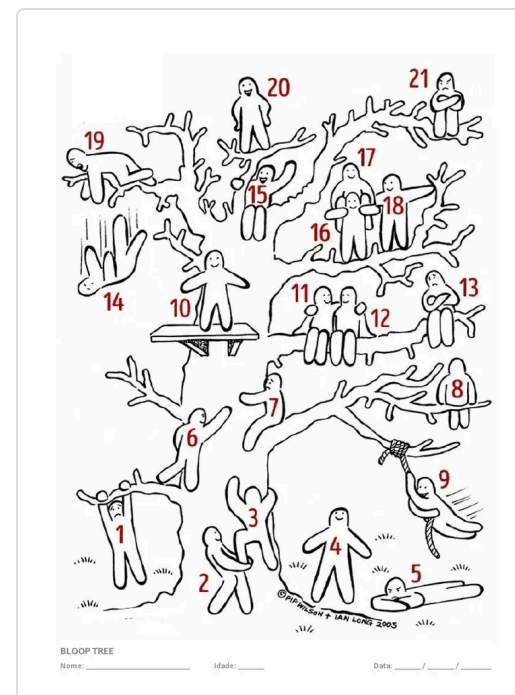
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➡ YOUTH PARTNERSHIP 3/21/25 12:44PM

Blob tree (general)

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Mindfulness resources

➡ YOUTH PARTNERSHIP 3/21/25 12:47PM

Stretching session and other movement resources

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Leonor Ferreira (@bodyflowpilates) • Instagram photos and videos



Guided Meditations

