



Supporting the Mental Health & Wellbeing of Young People in Formal Education– Sharing good practices in Europe

An online event organised in cooperation with Irrsinnig Menschlich, Germany

November 29, 1.30–3.30 PM CET Via Zoom

Register until the 27/11 at https://us06web.zoom.us/webinar/register/WN_cN9Acf76Sc-3gltpBOdS5A

The event will be facilitated by the use of live English captioning and subtitles available in 26 languages. Please find the list of languages in Annex I.

Background & Purpose

Various reports reveal that young people are among the groups most at risk of marginalisation and are impacted by socioeconomic determinants of health and wellbeing. Studies done by UNICEF and OECD for instance, detail rising numbers of mental health problems among European youth. Young people have been disproportionately impacted by the COVID-19 pandemic and mental health problems among people aged between 15 and 24 have doubled in the past two years. UNICEF warned that suicide is the second leading cause of death among young people in Europe and that nine million adolescents in Europe (aged 10-19) experience problems with their mental health.

Since around half of the mental health problems affecting people in adulthood develop during or before adolescence, addressing young people's mental health is not only a question of guaranteeing their wellbeing and ensuring that they can realise their full potential. It is also a matter of prevention and of building mentally healthy societies.

Despite this worrisome scenario, too many children and young people are unfortunately not getting help early enough. The data speaks for itself; immediate action is needed to address the challenges around mental health for young people in Europe. Although schools are dedicating time to teaching children how to be physically healthy (eating adequate fruit/vegetables and exercising for example), basic mental health literacy is not available in most cases. Investing in mental health literacy and including mental health in the school curricula could be a first step towards ensuring adequate prevention of mental health problems and a reduction of stigma, which in turn would facilitate children's and young people's access to support.

In this event we will be hearing about good practices in implementing mental health education activities in different formal education settings; we will highlight the benefits and discuss solutions for challenges in delivering this kind of programmes. The outcome of the

day will inspire participants to learn from the experience of others, lay the basis for potential cooperation and gather recommendations that MHE will feed into the activities of the European Year of Education and Training 2023.

PROGRAMME OF THE DAY	
13.30-13.40	<p>Welcome</p> <ul style="list-style-type: none"> • <i>Claudia Marinetti, MHE Director</i>
13.40-14.20	<p>Mental health in school education (primary and secondary)</p> <ul style="list-style-type: none"> • <i>Barbora Hrdlickova, Focus Praha, Czech Republic, and Anne-Kathrin Lange, Irrsinnig Menschlich, Germany</i> • <i>Despoina Katsouda, Society of Social Psychiatry P. Sakellaropoulos, Greece</i> • <i>Prof. Tytti Solantaus, Let's Talk about Children programme, Finland</i> <p>Q&A</p>
14.20-14.50	<p>Mental health in higher education</p> <ul style="list-style-type: none"> • <i>Elke Hecher, Dachverband der sozialpsychiatrischen Vereine und Gesellschaften, Austria, and Anna-Sophia Feuerbach, Irrsinnig Menschlich, Germany</i> • <i>Cecilie Schacht Madsen, "Together at Social Sciences – ABCs of Mental health at the university"- Department of Psychology, University of Copenhagen, Denmark</i> <p>Q&A</p>
14.50-15.20	<p>Mental health in vocational education and training</p> <ul style="list-style-type: none"> • <i>Wiebke Nonne, Irrsinnig Menschlich, Germany</i> • <i>Mojca Čeh, Staywell Project: https://staywell-project.eu/, University of Applied Sciences Lithuania</i> <p>Q&A</p>
15.20-15.30	<p>Highlights from the day & Closing</p> <ul style="list-style-type: none"> • <i>Liuska Sanna, MHE</i>



Co-funded by the
European Union

Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Commission's CERV Programme. Neither the European Union nor the granting authority can be held responsible for them.

ANNEX I - LANGUAGES FOR SUBTITLES

1. Albanian
2. German
3. French
4. Bulgarian
5. Croatian
6. Greek
7. Czech
8. Danish
9. Estonian
10. Finnish
11. Hungarian
12. Italian
13. Lithuanian
14. Norwegian
15. Polish
16. Romanian
17. Portuguese
18. Serb
19. Slovak
20. Slovenian
21. Spanish
22. Swedish
23. Dutch
24. Turkish
25. Icelandic
26. Hebrew



Co-funded by the
European Union

Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Commission's CERV Programme. Neither the European Union nor the granting authority can be held responsible for them.