

How to talk to your students about mental health

Tools, practices and strategies

Monday, 17th June 2024
14:00-15:00 CEST
Online webinar

Introduction

Since the Covid-19 pandemic, children across Europe have been experiencing increasingly worrying amounts of stress, anxiety and mental health problems, highlighting the significance of proactive and comprehensive solutions. In the current mental health crisis, **youth's struggle for well-being requires immediate attention and action** as we navigate the complexity of contemporary culture.

A Hopeful, Healthy, and Happy Living and Learning Toolkit, co-authored by PS Centre Technical Advisor Ea Suzanne Akasha and clinical psychologists Mark Kucklow and Jonathan Morgan, is a guide designed to facilitate support for children, parents/caregivers and teachers affected by the COVID-19 pandemic – and proved to be impactful in improving youth mental health in diverse contexts as well.

During this webinar, the two organisations **Prolepsis** (Greece) and **Liga for Mental Health Slovakia** will share their experiences in implementing the *Toolkit/Guide for Teachers* in two different national contexts. Participants will discover the *Guide for Teacher's* main features, implementation challenges, and future possibilities, all with one common goal: supporting the mental health of children.

Objectives

This webinar, **targeted at teachers and educators**, will aim to:

- Present the *A Hopeful, Healthy and Happy Living and Learning Toolkit/Guide for Teachers*.
- Outline **strategies for integrating mental health literacy into the educational framework**.
- Reflect upon how to adapt the *Guide for Teachers* to **diverse cultural contexts** within European educational settings.
- Find common solutions to challenges and barriers that may impede the promotion of mental health literacy among children.
- Share tools and practices to empower children in managing their mental health and promote their **emotional awareness, resilience, and personal development**.

About Mentality

This webinar is developed as part of the MENTALITY project. MENTALITY pilots established European promising practices targeted at children, healthcare and other care workers, people with pre-existing mental health problems and psychosocial disabilities, migrants, and service providers.

The project establishes a path for successful and sustainable transfer and adaptation of practices in participating countries that will also lead to in-country upscale and further future implementation in other EU countries.

[Learn more about Mentality.](#)

Agenda

Time	Topic	Speaker
14:00-14:05	Welcome	Pania Karnaki , Director of European and International Programs, Prolepsis
14:05-14:15	Introduction: Children's mental health in Europe & the history of the <i>Toolkit for Teachers</i>	Arz Stephan , IFRC Centre for Psychological Support
14:15-14:40	Good Practice in action. <ul style="list-style-type: none"> • League for Mental Health Slovakia • Prolepsis, Greece 	<ul style="list-style-type: none"> • Vicky Bempi, Prolepsis • Tetiana Kulish, League for Mental Health Slovakia
14:40-14:50	Discussion and Q&A	
14:50-15:00	Lessons learnt & next steps	Pania Karnaki , Director of European and International Programs, Prolepsis



Co-funded by the
European Union