

The partnership:



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@HOLDOnPROJECT

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ERASMUS+ KA2 STRATEGIC PARTNERSHIP IN THE YOUTH SECTOR

ABOUT THE PROJECT

The 'Hold On' project seeks to address rising mental health issues among young people by expanding access to **informal peer mental health services** at non-medical points.

It also aims to bridge knowledge gaps and empower non-medical professionals to recognize and offer informal support for mental health issues in young individuals.



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Hold on



FOSTERING ACCESS  
TO MENTAL HEALTH  
SUPPORT FOR  
YOUNG PEOPLE



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## E-learning Course

A **self-paced** comprehensive course will be tailored to young people with lived experience of navigating their own mental health challenges and/or with an interest in mental health and well-being promotion.

This course will be dynamic and interactive, including the use of multimedia tools, learners' collaboration opportunities and feedback.

Learners will have access to a range of materials, videos, research topics, activities and assessments.

Some of the course's topics will be the following:

- What is peer support?
- Introduction to building resilience & coping strategies
- Understanding mental health disorders
- Identifying signs of mental health challenges
- How to provide emotional support
- Self-care in the process of peer support

The course will be **FREELY** available.

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*Continuous learning is the minimum requirement for success in any field*

*- Brian Tracy -*

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