



HOLD ON: FOSTERING ACCESS TO MENTAL HEALTH SUPPORT FOR YOUNG PEOPLE

MAIN AIM:

The 'Hold On' project intends to expand young people's access to informal peer mental health services at non-medical service points at national and European levels through adapting the HOLD ON programme

OBJECTIVES:

- To enhance youth access to and engagement in mental health support services.
- To encourage youth establishing informal peer support services
- To support professional to create supportive environments offering informal youth mental health services.
- To promote exchange of good practices in youth mental health
- To raise awareness on youth mental health

TARGET GROUPS:

- Young people (14-29 years old)
- Professionals working with youth in non-medical related service points



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“ If you see someone without a smile, give them one of yours ”

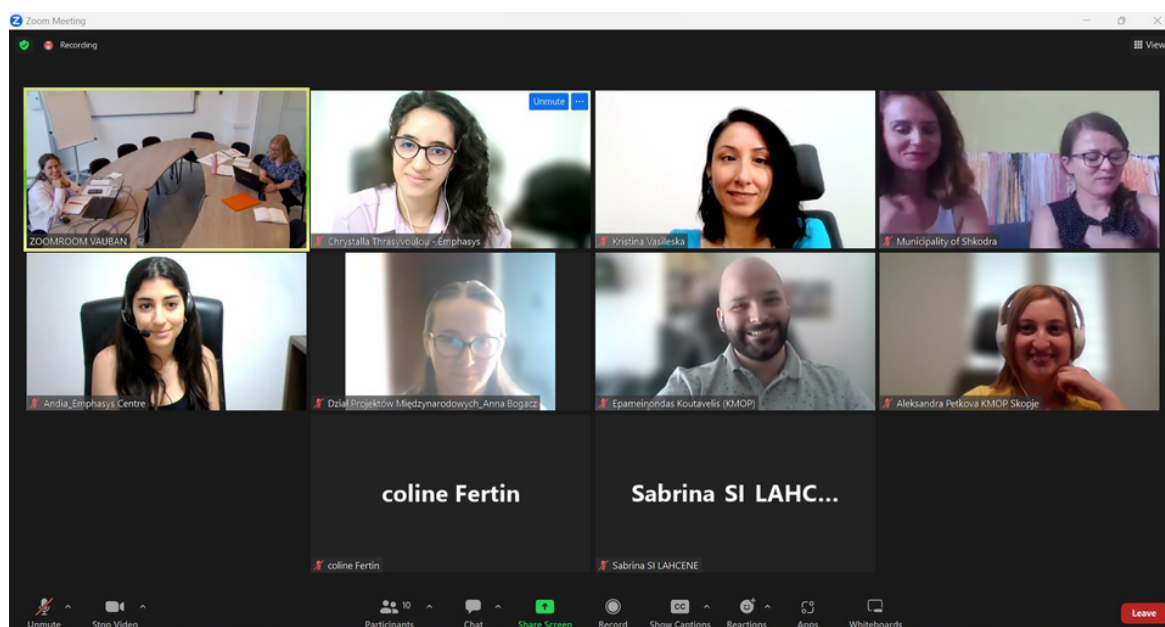
Dolly Parton

ACTIVITIES:

During the next 24 months, the activities/results that we expect to achieve are three:

- **Activity 1:** Youth Capacity Building Through an e-Learning Course
- **Activity 2:** Fostering Supportive Environments Via a Mentoring Program
- **Activity 3:** Enhancing Collaboration and Policy Response Via an Exchange Platform and Recommendations Report

KICK-OFF MEETING:



On the **19th of July 2023**, the Kick-off meeting for the Erasmus+ Youth project HOLD ON was organized virtually. During the meeting, the project overview was presented, as a detailed analysis of the activities, dissemination strategy, and administration tasks. The initial tasks were set and deadlines were set for the project. All partners are feeling motivated to start working on this really promising project!

CONSORTIUM:



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