

# Youth Mental Health Essentials: A Training for Educators and Youth Workers

## MAIN INFO

<b>SALTO E&amp;T link:</b>	<a href="https://salto-et.net/events/show/RS01_0610_THO_2024">https://salto-et.net/events/show/RS01_0610_THO_2024</a>		
<b>Sector:</b>	<b>SE</b> <b>VET</b> <b>YH</b>	<b>Priority:</b>	Inclusion and Diversity (2021-27)
<b>Scope:</b>	Transnational		
<b>Type of presence:</b>	Face-to-Face	<b>Venue country:</b>	Serbia
<b>Venue city:</b>	Belgrade	<b>Working language:</b>	English
<b>Key Action:</b>	Not applicable	<b>TCA documents:</b>	
<b>Postponed:</b>	No	<b>E+ Academy:</b>	No
<b>Start date:</b>	24.04.2024	<b>End date:</b>	26.04.2024
<b>Subtopic:</b>	<b>interactive</b>		

## TCA DESCRIPTION

**Themes and goals:** Young people face the challenge of navigating through complex physiological, emotional, social and cognitive changes during adolescence. Their teachers, school psychologists and counsellors, on one hand, and youth workers on the other, can be part of an important safety net for young people during their growth. Learning about different aspects of adolescent development and mental health can help educators and youth workers to better understand young people's developmental phases, typical reactions and challenges, and to develop effective strategies for supporting them. Aiming to support the development of competencies of various professionals working with young people in both formal and non-formal settings, we have developed a 2.5-day seminar on the topic of mental health of young people. This seminar is intended primarily for secondary school teachers, school psychologists and counsellors, and youth workers working with young people aged 15–25. The main aim of the programme is to promote participants' understanding of the concept of mental health and wellbeing, young people's needs and activities and approaches that can support young people's mental health.

**Expected results:** Specific objectives of this seminar are the following: Better understanding of the concept of mental health and wellbeing; Increased knowledge about various aspects and phases regarding young people's development, their typical reactions and challenges they face; Familiarisation with practical tools and methods that can be applied when working with young people; Better understanding and (re)evaluation of the role of educators and youth workers in promoting young people's mental health; Familiarisation with existing good practices and common challenges; Increased network of potential partners in the field of mental health. These objectives will be achieved through a series of interactive workshops, experiential learning, presentations and open

discussions. This seminar will provide participants with the basic knowledge and skills and it is not intended for experts and experienced practitioners in the field of mental health. Furthermore, this training will not provide knowledge on how to diagnose, intervene in or treat mental health issues.

**Additional information:**

The training is organised within the Mental Health in Youth Work SNAC – a long term project of the National Agencies for Erasmus+ Youth and European Solidarity Corps.

## PARTNERS AND PARTICIPANTS

**Organiser NA:** RS01 - Foundation Tempus

**Number of participants:** 15

**Target group:** Teachers | Education professionals | Other support staff  
 Representatives of non-governmental institutions

**Erasmus+ Programme experience level:** Newcomers and Experienced beneficiaries

**Profile of participants:** This seminar is intended primarily for secondary school teachers, school psychologists and counsellors, and youth workers working with young people aged 15–25.

**Participants per country:**

**Sending partner(s) - Booked places:** CZ01 - 2 | DE02 - 2 | FI01 - 3 | LU01 - 2 | BE03 - 3 | SE01 - 2 | RS01 - -

**Pending Sending partner application(s) - Booked places:** -

**Accepted Sending partner(s) - Accepted places:** CZ01 - 2 | DE02 - 2 | FI01 - 2 | LU01 - 2 | BE03 - 2 | SE01 - 2 | RS01 - 3

**Pending booked places:** 0

**Accepted places:** 15

## TCA PARTICIPANT APPLICATION

**Start date of TCA Participant Application:** 14.02.2024      **Application deadline:** 06.03.2024

**Confirmation deadline for Sending NAs:** 13.03.2024      **Confirmation deadline for Organiser NAs:** 15.03.2024

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