

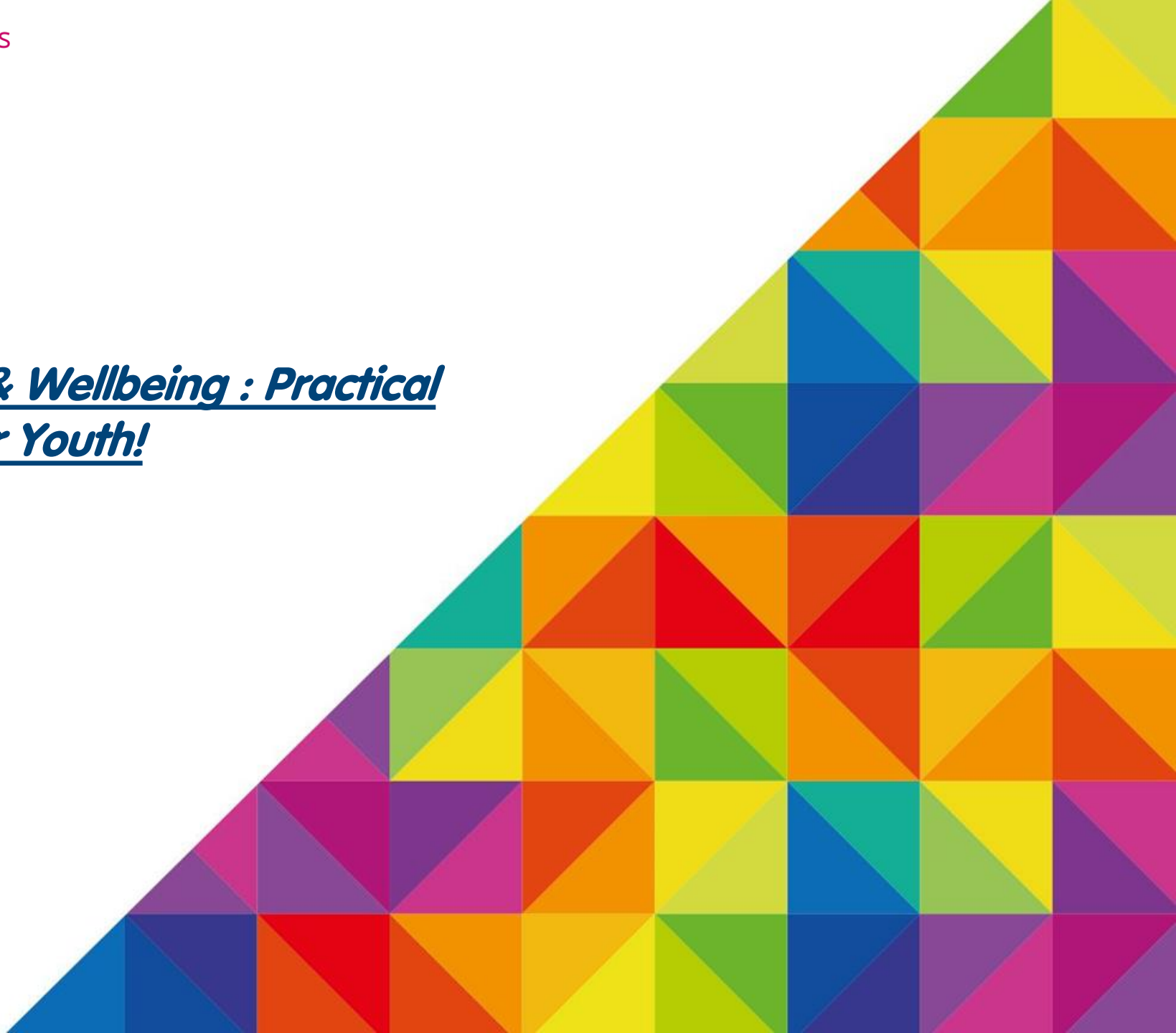


Agence Nationale
pour l'Information
des Jeunes



ACTiON Jeunes
Œuvre Nationale de Secours
Grande-Duchesse Charlotte

**ANIJ Project: *Mental Health & Wellbeing : Practical
information for Youth!***



Project objectives



Inform

- Provide quality and youth friendly information on mental health and well-being topics
- Centralize information
- Share resources and information with the different youth actors

Promote mental health and well-being

- Through different measures (video, articles, workshops, etc.)
- Give a voice to the Youth
- Raise awareness and break taboos

Equip

- Empower professionals to deal with the emotional needs of young people and their own
- Make resources available

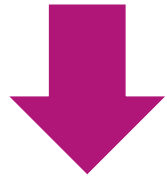


A 2-year project financed by *Œuvre Nationale de Secours Grande-Duchesse Charlotte*

Planned actions



Provide young people and professionals with information related to mental health in different forms and through different communication channels.



Information via our website Jugendinfo.lu

Write articles related to mental health and well-being:

- FAQ
- What is mental health?
- How to cope with grief
- Stop Body Shaming, Start Body Positivity
- Interview with a Coach



Workshops & toolbox (PRO)

For professionals of the youth sector (youth centers, educators, etc.)

4 workshops in 2022 :
Managing emotions when working with young people.

+ in 2023 (theme to be defined)



Video concept

Explanatory video on mental health.

Presenting support services.

Terminology: mental health, well-being, etc.

Work in progress.



Live Talk/Workshop/

In high schools.

Themes to be defined with the students/teacher.

→ start date to be defined



Podcast

With young people and for young people.

Topics that young people want to discuss.

→ start date to be defined



C'est quoi la santé mentale ?

Article, Projet, Santé, Santé mentale



FAQ : consultation psy & santé mentale

Article, Bien-être, Santé mentale



Comment gérer son stress avant l'examen pratique du permis?

Article, Mobilité, Projet, Vie quotidienne



Tu n'es pas seul-e ! Les services à ton écoute

Article, Santé, Santé mentale



Stop Body Shaming, Start Body Positivity

Article, Bien-être, Santé, Santé mentale, Santé physique



3 Froen un e Coach

Article, Bien-être, Projet, Santé, Santé mentale, Santé physique



3 Froen un d'Alupse-Dialogue

Article, Santé, Santé mentale, Sexualité et sentiments



Comment faire face au deuil ?

Article, Santé, Santé mentale



Understanding and recognising emotions

- Discover and learn how emotions work.

Welcoming and experiencing emotions in oneself and in the child.

- Understand and welcome your own emotions and those of the young person.

The expression of emotions.

- Learn to express emotions.
- Discover approaches to facilitate expression.

Taking care of oneself and protecting oneself in the relationship with the other.

- Discover ways to support young people's emotions in an appropriate way. Learn about practices for taking care of one's mental health as a professional.



- **Methodology: Theoretical input, role-playing, group exercises, activities and physical exercises.**
- **Improve their knowledge of emotional intelligence**
- **Experiment with concrete tools that can be reproduced with young people**
- **Feed their reflection on their professional practice**
- **Learn to adopt the right professional distance.**

+ **Booklet : Theory and practice.**






Fir den Dan, hunn mir ëmmer méi Tendenz drop opzepasse wat déi aner Léit iwwert eis denken. Dobäi ass eis net bewosst datt dëst en Afloss op eis mental Gesondheet huet. Dat wichtegst ass, sech selwer z'akzeptéieren!



For Jennifer, mental and physical health are equally important. You have to find the right balance and take care of both.



En parler fait du bien (...) avoir quelqu'un qui vous écoute est quelque chose de cruciale.

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- ➔
- **Reels** posted on our [Instagram](#) (+partner) to target the media habits of young people
 - **Give young people a voice** : What does mental health mean to them
 - **In French, English and Luxemburgish** to reach a wider audience



Want to know more about our project ? Then click on the logo.

