



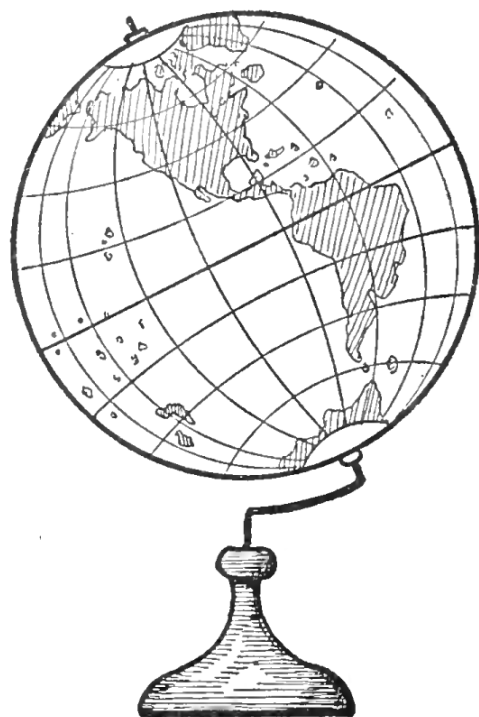
european youth information
and counselling agency

YOUTH INFORMATION MINDING YOUNG PEOPLE'S MENTAL HEALTH

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ERYICA

Do you kNOw distress? - Youth information responses to mental
health, 23 November 2022

Needs



Youth info #mindmymind
DISCOVER YOUR INNER SELF. SPEAK UP.

The eryica logo, a stylized 'y' in white on a colorful geometric background of pink, purple, and blue triangles, with the word 'eryica' in white lowercase letters on a blue background below it.

**European
Youth Information
Day 2021**
Campaign & survey report

The graphic features a stylized line drawing of a person with a brain visible inside their head. The person is holding a power cord and plugging it into a wall outlet. The background is a light pink color with a dark blue diagonal stripe on the left and a purple diagonal stripe on the right.

Basics



- Youth information minding young people's mental health – YIMinds
- 01/10/2022 – 30/09/2024
- Kick-off meeting: 28-29 November 2022, Brussels
- Pillars: yi workers, young people and mental health experts



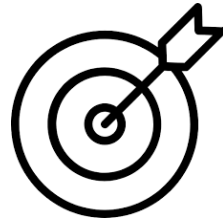
Consortium



- ERYICA (Coordination)
- Harno (EE)
- Region of Madrid (ES)
- Jugendinfos (AT)
- De Ambrassade (BE)
- Cyprus Youth Council (CY)
- IASIS (GR)
- YoungScot (UK) – Associated partner
- Eurodesk (BE) – Associated partner

... And the **ERYICA Youth Ambassadors Commission.**

Objectives



- Enhance the mental health literacy
- Provide tools
- Foster cooperation
- Share good practices
- Fight against the mental health stigma
- Foster a peer-to-peer approach
- Guide the adoption of measures at different levels

Outputs: YI workers and policy makers

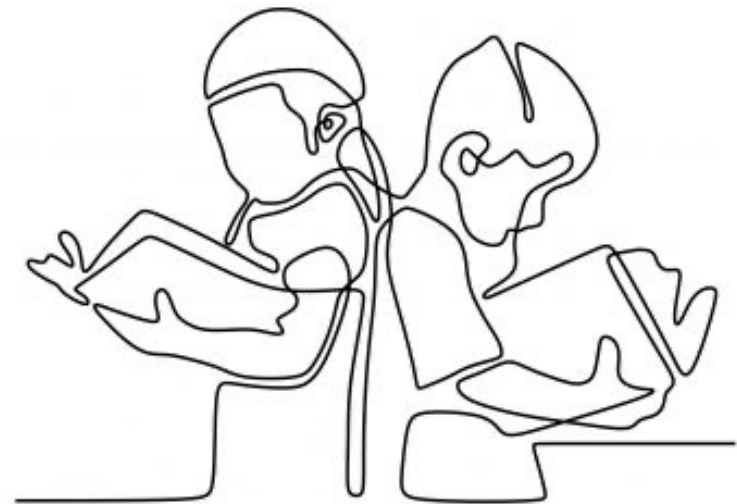


- Survey on mental health literacy
- Mental health literacy guide
- Seminar on mental health and wellbeing
- Podcast series on mental health
- Recommendations on mental health issues in youth policies > Policy makers at different levels

Outputs: young people



- Screening young people's perspectives
- Podcast series on mental health
- Awareness raising campaign on the importance of mental health and wellbeing
- Mental health resilience toolkit





Thank you for your attention!