

ERYICA-CoE WEBINAR

Concept Note

Name: Do you kNOw distress? - Youth information responses to mental health

Topic: Mental Health

Date: November 23, 2022, 11:00-13:00 CET

Registration via this [link](#).

Mental health is undoubtedly one of the most trending issues of our era. The COVID-19 pandemic has had a relevant impact on young people's lives. It has also affected the work of youth information services, which has witnessed an unprecedented increase in mental health and well-being issues among young people. Over the last few years, many taboos and stereotypes have been broken down, and young people are more willing to talk about their distress, build up their emotional resilience, and take more care of their mental health.

Mental health is essential and part of our overall health at every life stage. It includes our emotional, psychological, and social functions. Moreover, it has an impact on the way we think and behave. Mental health, therefore, has a decisive influence on social and professional status and the ability to make healthy choices for everyone, especially for young people who are called upon to lay the foundations for their current and future development.

What is mental health? Why is mental health important for overall health? Can mental health change over time? What causes mental illness? What is the role, and what are the boundaries of youth information services? Who are our main stakeholders, and how can youth information cooperate with them? ERYICA, in partnership with the Council of Europe, is organising this webinar to provide first-hand insights on mental health and share good practices regarding how youth information providers can contribute to young people's mental health.

Facilitator: Dick Smit, international consultant and trainer on Youth Work and Youth Policy at youthwork.online

Agenda:

11:00 – 11:10 **Welcome** by *Eva Reina*, ERYICA Director

11:10 – 11:30 **Keynote speech** by *Luis Joaquín García-Lopez*, Psychology Professor at the University of Jaen and Head of the mental health research network [PROEM](#)

11:30 – 11:40 **Q&A session** with the keynote speaker

11:40 – 11:55 **Interview** with *Anna Knobout*, member of the Advisory Council on Youth
Interviewed by *Maria Fsadni*, member of the ERYICA Youth Ambassadors Commission

11:55 – 12:45 **Inspiring initiatives** from the youth sector

- *Chara Spyropoulou*, [IASIS NGO](#) (Greece)
- *Tiana Ranohavimanana*, [ANII](#) (Luxembourg)
- *Sílvia Solà Tantiñà & Mariona Altimira Sallent*, [Castellterçol City Council](#) (Spain)

12:45 – 12:55 **Introducing YIMinds** by *Anna Nesladek*, ERYICA

12:55 – 13:00 **Closing** by *Angelina Pereira*, ERYICA