



The **POSITIVE MENTAL HEALTH FOR YOUNG ADULTS** project proposes to 'unpack' the term FOMO to see what lies beneath it. Until now the consortium has worked towards the preparation of the interactive learning resource toolkit, a training programme for VET tutors, and to develop a peer leadership training programme.

Partner Meeting in Opava



The meeting was held in a hybrid format on the 9th of November 2021. The partners have gathered to discuss the project's current stage and the following steps. We are also pleased to announce that in January, we will hold the first training where participants will have a look at the learning resources developed.

Upcoming resources...

Toolkit of Interactive Infographic Resources

This toolkit will comprise 12 infographics promoting positive mental health and wellbeing. Each individual interactive infographic resource will comprise a self-assessment quiz, a case study scenario, a WebQuest, and a YouTube video.

In-service Training for VET Professionals

The training is being developed to support tutors with continuous professional development and enable them to expand their practice into new online learning environments.

Peer Leadership Training Programme

Will consist on a series of workshops for peer leaders to develop the skills, competences and confidence needed to actively address the impacts of FOMO on mental health.

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Co-funded by the
Erasmus+ Programme
of the European Union

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Project Number: 2020-1-ES01-KA204-082053