



The POSITIVE MENTAL HEALTH FOR YOUNG ADULTS project proposes to 'unpack' the Fear of Missing Out - FOMO.

Learning, Teaching, Training Activity "Unpacking Positive Mental Health"



The LTTA was held in Porto (Portugal) in a hybrid format between the 25th and 27th January 2022. Participants tested the 4 modules of the In-service Training Programme for VET Professionals:

- Toolkit of Interactive Infographic Resources;
- Address education to raise awareness of the impact of social media on mental health
- Adult Educators and Digital Literacy - the development of digital skills in the adult educators work online environments
- Adult education and E-Learning: the importance of e-pedagogy skills to thrive in an increasingly virtual world

Through this experience feedback was collected to improve the in-service training.

Results of the LTTA

Toolkit of Interactive Infographic Resources

This toolkit offers 12 infographics promoting positive mental health and wellbeing, while tackling FOMO. TYoung Adults can access them through QR codes and soon these infographics will be available on our website.

In-service Training for VET Professionals

This training was developed to support tutors with continuous professional development regarding digital literacy and youth work. Soon these training materials will be available on our website.

Upcoming Resources

Peer Leadership Training Programme

The consortium will now focus on creating the workshops for peer leaders to develop the skills, competences and confidence needed to actively address the impacts of FOMO on mental health.

Follow us on



@PositiveMentalHealthProject



<http://positivementalhealthforyoungadults.eu/>



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

"The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."

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