



Welcome to the Positive Mental Health Project!!

Mental Health is part of our overall health and FOMO (Fear of Missing Out) is one of the newest, anxiety causing, stressors that impact the mental health of today's young digital natives for whom social media plays such an important role in identity building. Through this virtual world, young people face and deal every day with issues like the fear of being unpopular, uninteresting, unattractive, unworthy, unfriendly, unkind, uncaring. We will develop and work on this topic for this project. This project will address these problems and provide a toolkit of interactive learning resources.

Our team

The project consortium consists of 6 partners representing different types of organisations:

Coordinator:

- Fundación Pascual Tomás - SPAIN

Partner Organisations:

- ALIANCE LEKTORU a KONZULTANTU - CZECH REPUBLIC
- ENOROS CONSULTING LIMITED - CYPRUS
- Hauptstadftallee 239 V V UG (Skills Elevation FHB) - GERMANY
- Spectrum Research Centre CLG - IRELAND
- Rightchallenge- Associação - PORTUGAL



Kick-off Meeting

The KOM of the project was organised on 16th of April 2021 in a virtual form. The partnership discussed the division of tasks and responsibilities, summarized all the outputs and set the deadlines for the activities to be taken within the first year of the project. Within this project 4 outputs will be developed:

- Toolkit of Interactive Infographic Resources
- In-service Training Programme
- Peer Leadership Training Programme

Follow us on



@PositiveMentalHealthProject



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