



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

Learning, Teaching, Training Activity
"Being a Peer Leader"



The LTTA was held in Virginia (Ireland) in a hybrid format between the 30th of May and 23rd of June 2022, hosted by Spectrum Research Centre CLG. Participants tested the Peer Leadership Training Programme, which aims to develop the skills, competences and confidence needed to actively address the impacts of FOMO on mental health, contributing to the improvement of these resources. The peer leaders had access to networking experiences, guest speakers focused on mental health with youth, and each country's best practices on the subject.



The consortium met in Valencia in July 2022 to complete all project results and prepare the **Multiplier Events**, which will take place in all partner countries until the end of July.

Project's Outputs

The Positive Mental Health Project is reaching its conclusion and soon all project results will be available on **our website!** These include:

1) Toolkit of Interactive Infographic Resources:

12 infographics promoting positive mental health and wellbeing, while tackling FOMO, which can be accessed by Young Adults through QR codes.

2) In-service Training for VET Professionals:

it aims to support tutors with continuous professional development regarding digital literacy and youth work.

3) Peer Leadership Training Programme:

it aims to ensure that the peer leaders are able to extract the maximum benefit from the infographics to support their peers to recognise the impact of FOMO and to act as a link between GenZ digital natives impacted by FOMO and service providers who can help them to overcome their difficulties.

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<http://positivementalhealthforyoungadults.eu/>



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