

1. THE MAP OF SUPPORT BY LEAGUE FOR MENTAL HEALTH, SLOVAKIA



2. MAP OF MENTAL HEALTH SERVICES BY ESTUAR FOUNDATION, ROMANIA

CONTEXT

In Romania, adults with mental health problems face barriers to social support and community inclusion, compounded by stigma and reliance on families for care. While policies emphasise the rights of individuals with psychosocial disabilities, gaps in implementation leave many without essential resources, highlighting the need for solutions to bridge these gaps.



KEY OBJECTIVES



- Increasing awareness of available mental health services
- Facilitating access to mental health care
- Enhancing coordination among service providers

TARGET POPULATION



- Adults with mental health problems
- Relatives and carers
- Mental health specialists
- Education professionals
- Employers
- General public

IMPLEMENTATION PROCESS

- SANA Framework
- Data collection & Validation
- Platform Development
- Testing & Launch: early 2024
- Promotion & Outreach



KEY ACTIVITIES



- Training on peer support and the psychosocial model
- Map Creation
- Community Outreach
- Stakeholder engagement
- Advocacy & Empowerment of beneficiaries

KEY OUTCOMES AND IMPACTS



- 179 services listed (Jan 2025)
- 40 experts by experience involved in development
- 3 psychiatric hospitals involved in dissemination
- 496 unique visitors / 1606 site visits (Jan 2025)

CHALLENGES & MITIGATION STRATEGIES



- Limited free services
 - › Organised advocacy
- Information upkeep
 - › Regular communication & updates
- Cultural resistance
 - › community engagement

AREAS OF SUCCESS



- First comprehensive map of mental health services in Romania
- Improved access to information
- Strong stakeholders & community engagement
- Promoted inclusion and new initiatives

CONCLUSION

The Map of Mental Health Services in Romania represents a significant step toward improving the mental health care landscape by enhancing accessibility, coordination, and awareness.



3. TEAM REFLECTION BY RIGA CITY COUNCIL, LATVIA



RIGA CITY
COUNCIL

CONTEXT

Latvia faces lasting impacts from the Covid-19 pandemic — health issues, loss of loved ones, and emotional toll. The ongoing war in Ukraine and Latvia’s proximity to Russia added further stress. Social workers and healthcare staff face chronic challenges: stressful conditions, high workloads, and low pay, exacerbating burnout risks.



KEY OBJECTIVES



Improve psycho-emotional well-being among care professionals

TARGET POPULATION



- Care staff: social workers and healthcare workers.
- Colleagues with similar professional challenges

IMPLEMENTATION PROCESS



- Preparation Phase:
 - › Translation & adaptation of training materials
 - › Hiring specialists: psychologist and interpreter
- Trainer Training: 4 sessions in August 2023
- Institutional setup: social care centres & shelter
- Session Rollout
- Supervision by practice owners

KEY ACTIVITIES



- Team Meetings: structured group discussions and reflection sessions facilitated by a specialist.
- Workbook Exercises for stress management strategies
- Buddy Approach

KEY OUTCOMES AND IMPACTS



- 4 groups, 50 participants, 8 meetings (2 meetings/group), 4 municipal social care institutions
- Significant benefits in stress management, communication & mutual support
- Enhanced team cohesion
- Stronger buddy systems

CHALLENGES & MITIGATION STRATEGIES



- Scheduling conflicts
 - › Gather group information beforehand
- Group dynamics
 - › Prefer small and homogeneous groups
- Sustainability
 - › Plan budget and secure resources

AREAS OF SUCCESS



- Extremely positive supervisory impact
- Improved active listening, mutual support, and problem-solving
- Positive shifts in handling stress.
- Plans to integrate strategies for long-term impact

CONCLUSION



The “Team Reflection” practice implemented by the Riga City Council has proven to be a valuable initiative in supporting the psycho-emotional well-being of care professionals improving stress management, team cohesion, and stronger support networks.

4. A TOOLKIT / GUIDE FOR TEACHERS BY PROLEPSIS INSTITUTE, GREECE

CONTEXT

Children faced prolonged periods of social isolation due to not only the COVID-19 pandemic but also a **series of natural disasters that had severely impacted Greece over the past three years**. This disruption in education and loss of exposure to a classroom environment led to decreased engagement, motivation, and academic performance. It also heightened feelings of isolation, loneliness, uncertainty, fear and stress.



KEY OBJECTIVES



- Alleviate mental health distress among primary school students
- Include schools from diverse backgrounds and regions
- Support schools in areas directly affected by natural disasters

TARGET POPULATION



- Primary school students
- Teachers and educators

IMPLEMENTATION PROCESS



- SANA Framework Development
- Stakeholders engagement
- Selection of Themes and Activities
- School Recruitment and Teacher Training
- Implementation and Monitoring
- Dissemination and Evaluation

KEY ACTIVITIES



- Translation of the guide into Greek
- Creation of monitoring plans
- Schools' engagement
- Webinars for teachers
- Ongoing guidance and support
- Feedback collection

KEY OUTCOMES AND IMPACTS



- Participation of 14 schools & 40 teachers from all over Greece
- Participation of schools from areas affected by natural disasters
- 50% of teachers spend one hour implementing the guide's activities
- The toolkit effectively fosters student relationships and a supportive environment

CHALLENGES & MITIGATION STRATEGIES



- Teachers Workload
 - > Good communication to explain responsibilities
- Teachers Engagement
 - > Frequent communication, offering support & material
- Difficulties in communication with educational authorities
 - > good collaboration with school principals



AREAS OF SUCCESS

- Open communication & effective collaboration
- Effective involvement of psychologists
- Impactful activities
- Meticulous organisation

CONCLUSION

The implementation of the "Toolkit / Teachers' Guide" effectively fostered supportive environments and emotional resilience among students, with teachers noting its positive impact on classroom dynamics and student well-being.



5. A TOOLKIT / GUIDE FOR TEACHERS BY LEAGUE FOR MENTAL HEALTH, SLOVAKIA



CONTEXT

The COVID-19 pandemic has caused significant disruption in education across Slovakia, creating challenges for teachers, parents, and students. Prolonged school closures led to setbacks in academic progress, difficulties in forming healthy social bonds, and heightened anxiety about the future. Moreover, the limited availability of mental health services has made it difficult for individuals to access support when most needed.



KEY OBJECTIVES



- Alleviate mental health distress among school students
- Enhance mental health support in schools
- Offer practical strategies to manage stress in education

TARGET POPULATION



- Primary & secondary school students
- Teachers and educators

IMPLEMENTATION PROCESS



- SANA Framework
- Partnership with the Coalition of Schools (76 schools)
- Toolkit Dissemination at Key Events
- Translation and adaptation of the Toolkit
- Online training programme
- Adoption by schools

KEY ACTIVITIES



- Development of the toolkit
- Workshops and training sessions
- Classroom pilots
- Feedback loop
- Outreach and stakeholder engagement

KEY OUTCOMES AND IMPACTS



- 18 institutions involved
- 128 teachers enrolled, 104 completed the programme
- Integrated teaching methods
- Improved classroom environment
- Positive impact on students' mental health and emotional wellbeing

CHALLENGES & MITIGATION STRATEGIES



- Teacher Workload
 - › simplifying activities
- Implementation timing
 - › teachers' flexibility to choose their own timing
- Consistent Engagement
 - › Regular updates
- Cultural differences
 - › local and cultural adaptation

AREAS OF SUCCESS



- Engaging and practical activities
- Improvements in student emotional awareness
- Improvements in classroom's environment
- Positive feedback from educators
- Broad school participation

CONCLUSION

The implementation of the Toolkit demonstrated that a well-designed, easy-to-implement mental health toolkit can have a lasting positive impact on students' well-being and foster better relationships within the classroom.



6. “DISCOVER YOUR POTENTIAL” BY POLISH MIGRATION FORUM



CONTEXT

Migrants often face significant challenges when settling into a new country, such as language barriers, cultural differences, and social isolation. These difficulties can be compounded by limited access to healthcare, housing, and employment opportunities. The psychological strain from these factors, along with the trauma of displacement, makes it crucial to provide tailored support to help migrants integrate into their new environment.

KEY OBJECTIVES



- Foster mental well-being and resilience among migrant communities
- Support integration
- Address mental health taboos
- Promote preventative care

TARGET POPULATION



- Ukrainian migrants
- Spanish-speaking migrants
- Mixed-ethnicity migrant students

KEY ACTIVITIES



- Development and delivery of the psychoeducational workshop series
- Tailoring of the workshop to each target
- Collaboration with universities to engage migrant students
- Recruitment of two pairs of trainers to reflect cultural diversity.
- Outreach & stakeholder engagement

IMPLEMENTATION PROCESS



- Needs assessment
- Trainer selection & collaboration
- University Partnership
- Workshop planning
- Promotion & Outreach
- Adaptation & Feedback

KEY OUTCOMES AND IMPACTS



- 3 workshops, 12 unique participants, 41 sign-ups
- Enhanced cooperation between native and migrant trainers
- Enhanced mental health and integration strategies
- Strengthened resilience skills
- Established collaboration with universities

AREAS FOR IMPROVEMENT



- Low Participation Rates
 - › Shift focus to labour market benefits
- Cultural mental health stigma
 - › Frame workshops as lighter social activities
- Scheduling Conflicts
 - › Adapt to participants' needs
- Engagement of Ethnically Diverse Groups
 - › Tailored approach

AREAS OF SUCCESS



- Innovative training materials combining psychoeducation with social integration
- Cross-cultural collaboration between trainers
- Positive participant feedback
- Progress in reducing stigma around mental health in migrant communities

CONCLUSION



The psychoeducational intervention “Discover Your Potential” provided valuable insights into the needs of migrant communities. The programme demonstrated the positive impact of tailored support, helping participants develop essential tools for better social and labour market integration.