

METAPHOR

Youth Mental Health Advocacy - Mental Health for Young People

METAPHOR is an Erasmus-funded project within the framework of Erasmus + Key Action 3 and the "European Youth Together" programme.

Duration:
01.11.2023-31.10.2025

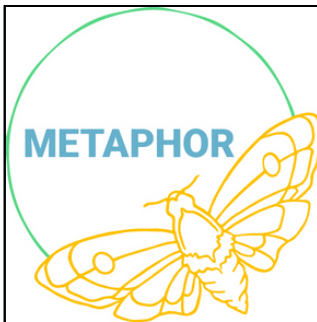
The Project

- **METAPHOR** focuses on the Mental Health of young people. In the wake of the Covid-19 pandemic in particular, the number of young people suffering from mental illness has risen. The project aims to promote the Mental Health of young people and encourage them to deal with their own needs in a more self-determined way. Its overall aim is to strengthen young people's activism in the field of Mental Health so that they learn to draw attention to their own needs and create an environment in which they feel safe, valued, and accepted.
- **METAPHOR** aims to support young people between the age of 13 to 30, youth leaders, youth workers, educators, and other social actors working with young people and/or focusing on Mental Health in young people.
- **METAPHOR** will use forms of nonformal education tools and methods, tools of film and video making, and a number of training activities to promote the importance of Mental Health and self-determined action in youth.

• MENTAL •
Health
♥ MATTERS ♥

"You are not your illness. You have an individual story to tell. You have a name, a history, a personality. Staying yourself is part of the battle."





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Outputs & Deliverables

- A **Survey** for young people between the ages of 13 and 30 on the understanding of Mental Health in youth
- **5 National Researches** on the understanding of Mental Health in young people
- A **Final Report** including the research results of all partner countries
- A **Training Manual** on Youth Mental Health Advocacy
- **Promotional Products** related to activities, results, and outputs of the project (e.g. Videos, Factsheets, Social Media Posts)

Activities

- A **Seminar** and local **Round Tables** about the research results
- A **Training Course** for youth leaders connected to the use of multimedia, videos, and filmmaking
- Local **Workshops** to create video and film materials for Mental Health Advocacy
- National and Local **Advocacy Activities**
- A **Training** on the topic of Youth Advocacy and empowering young people
- **Info Sessions** and **Final Conferences** for local institutions & organisations



KulturLife



Mesa local de la Juventud



Udruga Studio B



Re-Act



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