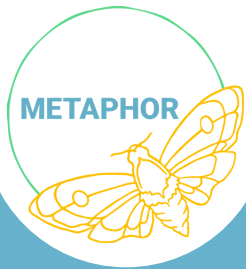




Co-funded by
the European Union

METAPHOR - YOUTH MENTAL HEALTH ADVOCACY



Project ID: 101132089



Mesa local de
la Juventud



The **METAPHOR – Youth Mental Health Advocacy** project has brought together 6 European organisations from **Serbia, Bulgaria, Croatia, Germany and Spain** to strengthen young people's voices in promoting mental health and wellbeing, empowering them to become advocates who challenge stigma and foster a culture of openness and support.

Main Activities

Over two years, METAPHOR combined research, training, and community action to strengthen youth mental health advocacy across Europe.

It began with a *transnational survey* and national research involving **582 young people** (13-30 years), whose insights shaped the Consortium Report *Transnational Perspectives on Youth Mental Health*.

International activities

Through a *seminar in Bulgaria* and two *Trainings of Trainers (ToT) in Croatia and Serbia*, **120 youth workers, educators and young leaders** from five countries developed advocacy and communication skills, creating the foundation for the *Youth Mental Health Advocacy Manual*.

National activities

The first ToT was followed by *local filmmaking workshops* where **60 young participants** produced **11 short films** promoting wellbeing and self-care. *Local activities*, including interactive workshops and panel discussions, focused on direct youth engagement, while *national activities* focused on wider advocacy and policy dialogue. *Info sessions and conferences*, held in the final phase of the project, brought METAPHOR's results back to the community, equipping local institutions and professionals with the knowledge and tools to sustain youth mental health advocacy beyond the project's lifetime. Together, these activities reached more than **900 people**, building a **European network of youth advocates** committed to mental health and wellbeing

Objectives and Target Groups

METAPHOR aimed to empower **young people, youth workers and key community actors**, including educators, mental health professionals, and local institutions, to address youth mental health through education, creativity and advocacy.

Focusing especially on young people with **fewer opportunities** from rural or disadvantaged backgrounds, the project built capacity across sectors to promote open dialogue, reduce stigma, and strengthen community-based mental health support in Europe

Key Results

- 1 Youth Mental Health Survey, gathering the voices of 582 young people aged 13–30 across 5 European countries
- The survey report “Transnational Perspectives on Youth Mental Health - Challenges and Solutions”
- 1 Youth Mental Health Advocacy Manual with non-formal education tools
- 11 youth-produced advocacy films
- 3 international capacity-building events with 120 participating youth workers
- Multiple local & national training & advocacy activities with 724 beneficiaries reached
- Multiplier events with more than 200 participants

Find out more:

<https://www.facebook.com/metaphorproject>