

Empowering Mental Health in Education



Module 1: *YoungMinds* on the path to Mental Health

International webinar 1
January 2026



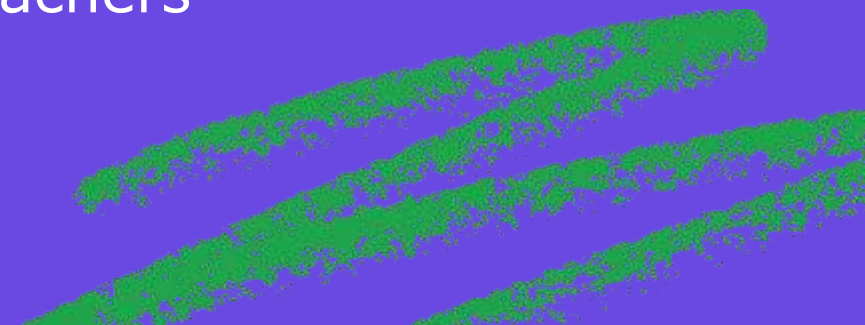
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Welcome to the *Empowering Mental Health in Education* training course!

The *YoungMinds* training course to upper-secondary teachers



Today's journey



Objectives

- ❏ To welcome participants and create a sense of community among members of the *YoungMinds* project.
- ❏ To introduce the aims, structure, and expectations of the programme.
- ❏ To develop a shared understanding of key concepts related to student mental health.
- ❏ To set the foundations for the implementation of the *YoungMinds* project in a school setting.



Agenda

10 min	Welcome to today's journey
20 min	Meet & Greet
40 min	Knowing YoungMinds
15 min	Coffee break
30 min	Teachers as <i>YoungMinders</i>
40 min	Mental Health in the school environment
10 min	Before the next sessions
5 min	Your path ahead
10 min	Closing remarks



Meet & Greet

- 👉 1 teacher per school as spokesperson
- 👉 Introduce your team by...

Identifying the
school &
country

Naming the
teachers & their
subjects

What makes
your school
distinct?



Some time for you to get prepared...

Knowing *YoungMinds*

YoungMinds assists teachers in incorporating mental health into the classroom in an engaging way, using films.

The project encourages students to **think critically, develop empathy**, and **understand various perspectives**.



Context, objectives & outcomes

- 1 Create educational resources** to connect mental health with media resources and promote critical thinking.
- 2 Train teachers to use films as teaching tools** that enhance mental health awareness in school community.
- 3 Pilot an approach with students**, helping them analyse & create films on mental health & develop key skills.
- 4 Enhance mental health literacy** by providing innovative and engaging educational activities.
- 5 Involve the entire school** community, including students, parents, families and professionals.

Outcomes



A selection of European films and documentaries that explore mental health



A concise and practical guide containing several lesson plans for teachers



Training for teachers on the use of lesson plans and film education



Events in schools featuring film screenings and discussions focused on mental health.

Knowing *YoungMinds*

Countries & partners

INOVA+



Follow the project



Knowing *YoungMinds*



50h



Teachers of upper-secondary level of education



Webinar | Autonomous work | National sessions



Pre- and post-course survey to check learning



Teachers will implement *YoungMinds*

The training of teachers



To enhance **teachers' literacy in mental health.**



To prepare **teachers to use the YoungMinds approach in their classes.**



To enhance **teachers' skills to deal with mental health challenges** of students and school community..

Structure



MODULE 1

YoungMinds on the path of
Mental Health



MODULE 2

Lights, Camera, Mental Health



MODULE 3

Your Mental Health Toolkit



MODULE 4

Vision and action

January to March 2026



Recognise mental health issues and create a supportive environment

Help students develop coping strategies and reduce isolation

Use cinema and creative methods to address emotional expression and reduce stigma

Improve communication skills and collaborate with educators internationally

Integrate social-emotional learning (SEL) through visual storytelling

Promote students' mental health awareness, empathy, and resilience

Foster a classroom atmosphere of belonging and emotional support

Gain practical tools for effective mental health education



The webinars

- 1st webinar – January 14th
- 2nd webinar – January 28th
- 3rd webinar – February 19th
- 4th webinar – February 25th
- Closing webinar – March 17th



Between sessions

- Teachers will need to do **autonomous work**
- It consists of **independent activities** done between webinars and face-to-face sessions.
- It will be to **prepare teachers** for discussions, questions and implementation.



Coffee break



15 min






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Teachers as *YoungMinders*






The actual challenge




Mental health challenges among young people are increasing



Support systems often limited and hard to access



Need to move from **institutional** to **community-based** support



Schools are key safe spaces for early support

Teachers as YoungMinders



WHY TEACHERS MATTER?

- 📌 Daily contact with students → can notice early signs
- 📌 Classroom climate strongly influences wellbeing
- 📌 Simple gestures (listening, showing empathy) make a big difference



CONCERNS

- 📌 Not about more tasks – focus on small attitude shifts
- 📌 Fear of making things worse
- 📌 Showing concern and a genuine desire to help will not cause harm.

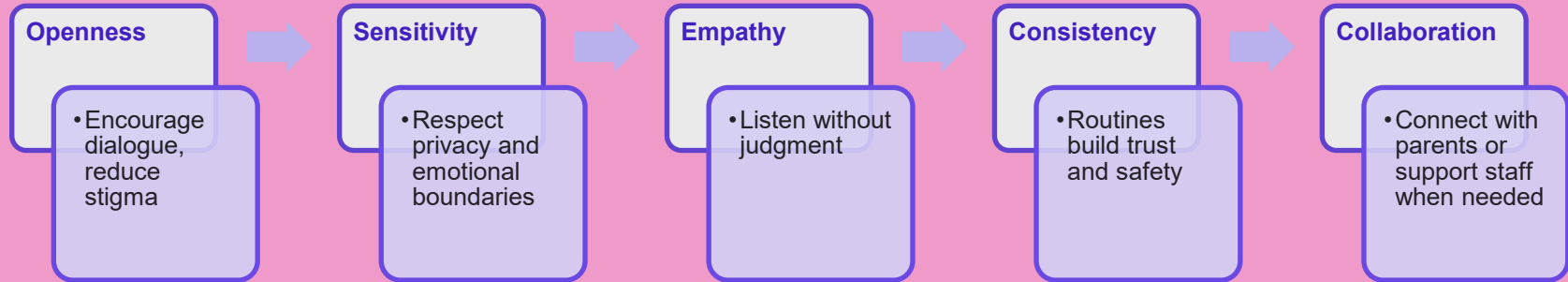


OPPORTUNITIES

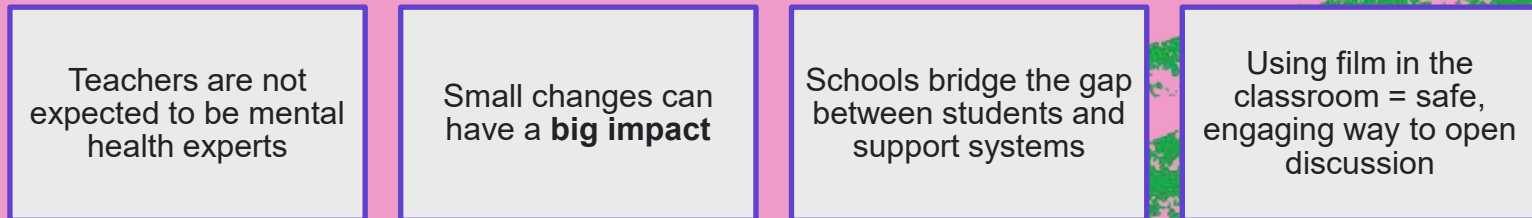
- 📌 Normalise conversations about mental health
- 📌 Approach the topic with sensitivity and empathy
- 📌 Create safe, open spaces for students to share

Teachers as *YoungMinders*

PRACTICAL PRINCIPLES



KEY POINTS





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Mental Health in the school environment





How do we understand mental health?

Let's explore a bit...



How do we understand mental health?

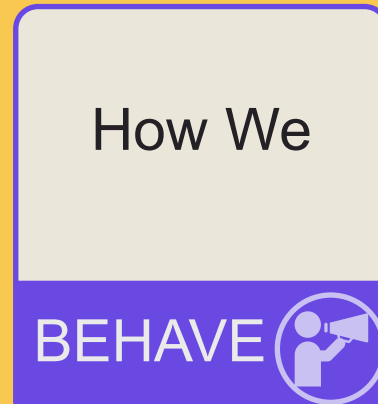
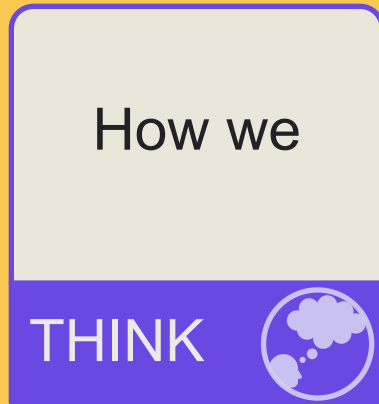
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Write down a **single word** that comes up to your mind when you hear “**mental health**”

Mental Health in the school environment

Is also about...



World Health Organisation

A state of **wellbeing** that **enables individuals to cope** with life's stresses, realise their abilities, learn and work productively, and contribute to their community. It is a **crucial component of overall health**, influencing **how people think, feel, and behave**, and affecting their **ability to form relationships, work effectively, and live a fulfilling life**.

wellbeing

Mental health is a positive state of being, not just the absence of mental illness.

Coping with stress

The ability to manage the normal stresses of daily life is a core component.

Realizing potential

Individuals with good mental health can recognize and utilize their own strengths and abilities.

Productivity

It allows for productive work and learning.

Community contribution

A healthy mental state enables individuals to make meaningful contributions to their community.

AVOID MISUNDERSTANDINGS...

- ❗ When mental health is equated with the absence of mental health disorders or disabilities.
- ❗ That mental health can be objectively defined.
- ❗ There are certain standards or criteria that allow us to determine what constitutes good mental health.



The Madhouse. *Francisco Goya, 1812-1819*







**Mental health difficulties
are normal human
responses to difficult
situations**

**IT IS A PART OF HUMAN
EXPERIENCE**



Mental health difficulties...

-  are NOT a sign of weakness of character
-  are NOT personal choices
-  are NOT an inability to “take it easy”
-  are NOT a lack of willpower

We can imagine our mental health as a boat in the sea...



Sometimes there are **small waves** that can affect our boat, but **still let us sail** (exams, stressful situation at work, relationships)

But there can be **bigger waves** (lost of a loved one, disasters, violence), those waves **disturbs** and **threats to sink our boat.**

Those **big waves can damage** our boat, and **many reasons** can be found to **justify that damages.**

We can also **strengthen the boat, repair the damage,** and **find a safe place** to be through the storms.

We can do it **by ourselves,** by **taking care of our physical health,** by **connecting with others,** or by **looking for someone** that can heard us.

An attitudinal shift is needed **to accept individual differences**



SILENCE & SHAME ➔ OPENNESS & ACCEPTANCE

SHUTTING DOWN ➔ LISTENING

SHORTCOMING & INABILITY ➔ SUPPORTIVE ENVIRONMENT ADDRESSING INDIVIDUAL NEEDS

SYSTEMIC BARRIERS ➔ EMPOWERMENT

It requires flexibility and can be applied at home, with family and friend, and in the communities.



Any comment, question or reflection?

Share it wit us...






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Before the next sessions




Autonomous work

Comprehensive reading on mental health literacy:

-  Holistic approach to mental health;
-  Specific mental health topics that will be analysed through films.
-  Principles for creating a safe and supportive environment in the classroom.

[Autonomous work Module 1](#)

-  Before International Webinar 2 or the national session answer the quiz [here](#)





Module 1: YoungMinds on the path to Mental Health

Your path ahead





What's next?



Autonomous work

Deeping knowledge on mental health literacy



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Closing remarks





How has this session made you feel?

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Share your thoughts and emotions with us!

THANKS!



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