

## Contacts

**Petit Philosophy**  
+385 95 9080212  
Croatia

**Prirodoslovno - graficka skola**  
+385 023 213 746  
Croatia

**Psichikos Sveikatos Perspektyvos**  
+370 5 2715760  
Lithuania

**Akedemijos Gimnazija**  
+370 347 37265  
Lithuania

**Karpos**  
+30 213 043 5978  
Greece

**EPAL Korydallos**  
+30 210 4974600  
Greece

**INOVA +**  
+351 229 397 130  
Portugal

**Agrupamento de Escolas de Terras de Bouro**  
+351 253 359 010  
Portugal



Website



Facebook



Instagram

## Consortium



INOVA+



MENTAL  
HEALTH  
PERSPECTIVES



Co-funded by  
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the Agency for Mobility and European Union Programme. Neither the European Union nor the Agency can be held responsible for them. Project 2024-1-HR01-KA220-SCH-000244244



YoungMinds

# Brochure

Opening minds through films

## Context

**Mental health** is a significant issue for young people in Europe. Many students experience stress, anxiety, or other challenges, but discussing mental health can be difficult due to stigma or lack of awareness.

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

By focusing on mental health and the psychosocial well-being of students, the YoungMinds project aims to serve as a tool to combat **stigma and reduce feelings of isolation.**



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

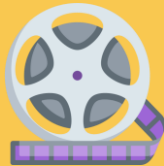
By watching films that address mental health and engaging in critical discussions, teachers and students will have the opportunity to deconstruct stereotypes and gain deeper understand of mental health challenges.

Students' families and mental health professionals will be invited to participate, fostering a supportive community and enhancing mental health literacy for all.

## Objectives

- 1 Create educational resources** and guides that connect mental health with media resources, like videos, to promote critical thinking.
- 2 Train teachers to use films as teaching tools** that enhance mental health awareness for themselves and their students.
- 3 Pilot an innovative approach with students**, helping them analyse and create films on mental health while developing 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.