



JUNE, 2023

Newsletter

Welcome to the YouHeal newsletter.

We are happy to inform you that State-of-the-art report is complete and available on the project website!

<http://you-heal.eu/>

In the report you can read about the survey results and additional desk research on mental health in Romania, Slovenia, Austria, Serbia and Greece.

Main findings

Feelings of loneliness and isolation increased during the Covid-19 epidemic; however, young people have shown resilience.

Some young people already use techniques for improving mental health, such as yoga, mindfulness, and meditation.

However, other young people face obstacles in taking advantage of these activities.

The YouHeal project is here to change that.



Participate in the next steps of the project!

Join other youth from Romania, Slovenia, Austria, Serbia, and Greece and participate in a one-week-long Erasmus+ youth mobility in Serbia, Sremski Karlovci, from October 29th to November 4th!

Together, youth from five countries will engage in various fun and educational activities and learn useful techniques to boost their mental health.

Places are limited! If you want to participate, please reply to this email.