



January 2024

YouHeal

Newsletter

Welcome to the YouHeal newsletter.

Autumn 2023 was a busy period for the YouHeal partnership, during which we organised 2 international training courses.

We implemented a staff training course for partner organisations in Graz, Austria.

During the 5 day activity, we tested the initial versions of digital micro-trainings on the topic of youth mental health.

We also had space for further improvement of the digital platform, where we will make available all the learning content for free.



Staff training course was hosted by our partners, Levilo, from Graz.



Co-funded by
the European Union

Learners training

Sremski Karlovci, Serbia organised by Pokret gorana Vojvodine

The second training course focused on young people coming from five partner countries.

During the 5 day programme, participants had the chance to improve their competences on mental health topics such as goal setting, personal empowerment, reducing stress & and breathing techniques. They also tested new micro-trainings about youth mental health which helped us further improve the digital platform we are preparing.



Next steps

After the two training courses, we collected the feedback and finalised the learning content. 30 micro-trainings are now ready and will soon be available to all.

The last couple of steps are:

- Translating the educational content, that the platform will be available in English, German, Slovenian, Serbian, Greek and Romanian.
- Organising national dissemination events and collecting the last pieces of feedback.
- Publishing and promoting the new YouHeal learning platform.



For more information,
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