

COLLECTION

December 2024



EMERGE YOUTH

Empowering the Next Generation of Entrepreneurs
through Stress Management Education in Youth

COLLECTION OF STRESS MANAGEMENT PRACTICES



Co-funded by
the European Union

Erasmus+ Project number: 2023-2-FR02-KA220-YOU-000175097

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 European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

COLLECTION

December 2024



COLLECTION OF STRESS MANAGEMENT PRACTICES

Lead Authors: AKLUB & VANILLEA INTERNATIONAL

Co-Authors: MIND THE GAME, TREBAG, ATU, AKNOW

Text Review in English: ATU

Translation in French: VANILLEA

Translation in Greek: AKNOW & MIND THE GAME

Translation in Hungarian: TREBAG

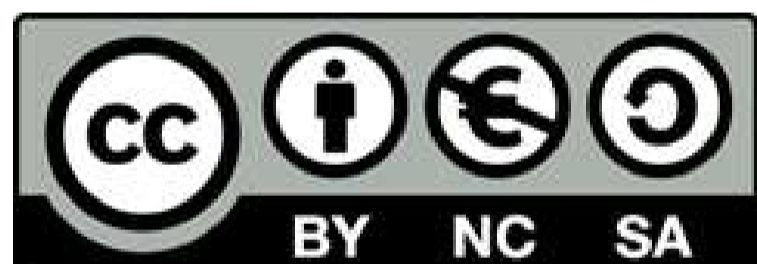
Translation in Czech: AKLUB

Copyright

© Copyright the EMERGE Youth Consortium

2023-2-FR02-KA220-YOU-000175097

All rights reserved.



Collection of Stress Management Practices © 2025 by EMERGE Youth Consortium is licensed under Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International



Co-funded by
the European Union

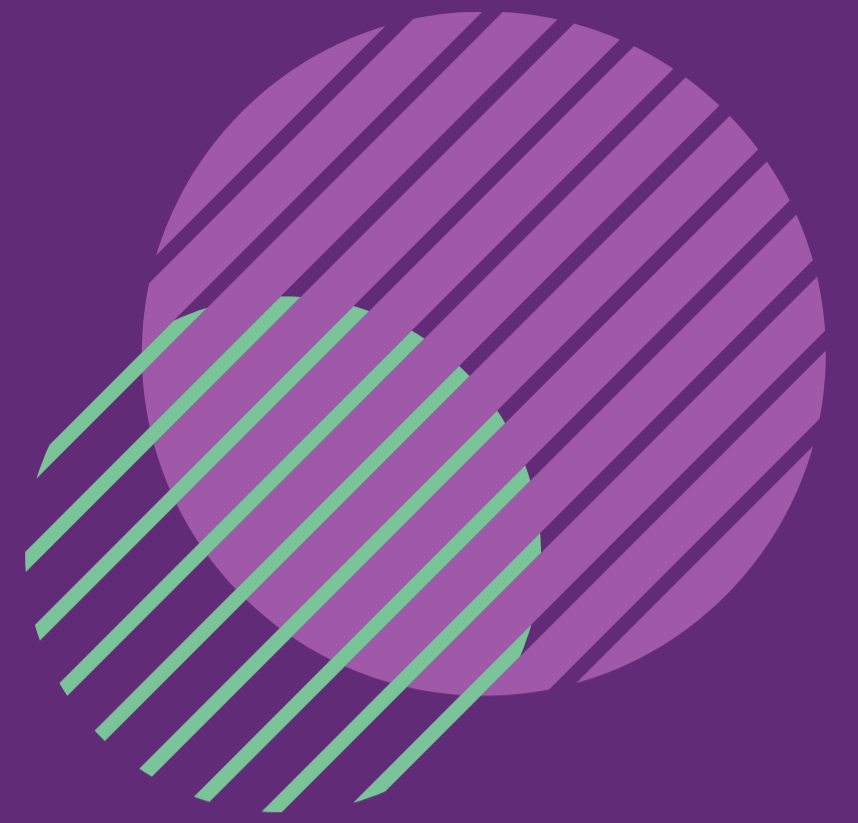
Erasmus+ Project number: 2023-2-FR02-KA220-YOU-000175097

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 European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

TABLE OF CONTENTS

<u>About This Collection</u>	P4
<u>Governmental Bodies</u>	P6
<u>Student Support Centres</u>	P9
<u>Mental Wellness Apps</u>	P13
<u>Mental Wellness Websites</u>	P19
<u>Podcasts</u>	P21
<u>Social Media</u>	P24
<u>Games</u>	P28
<u>Community Initiatives</u>	P32
<u>Conclusion</u>	P40

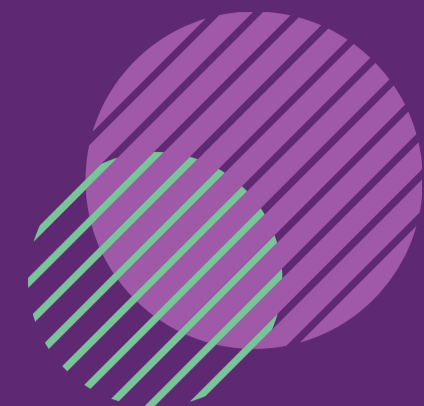




ABOUT THIS COLLECTION



ABOUT THIS COLLECTION



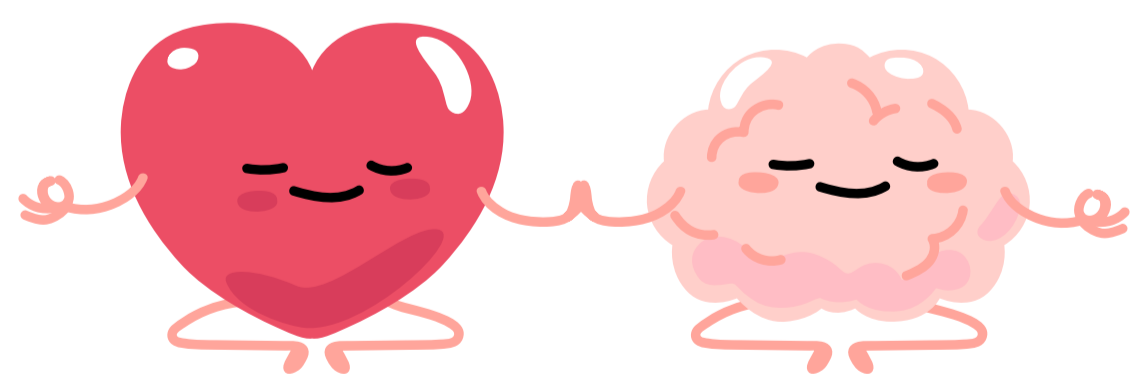
Mental health is a key component of **overall well-being**, affecting people of all ages, including young people. In recent years, there has been growing recognition of the importance of **addressing mental health issues and promoting positive mental health**.

This document aims to provide a **comprehensive overview of various resources and strategies** available to young people for managing stress, anxiety, and other mental health challenges.

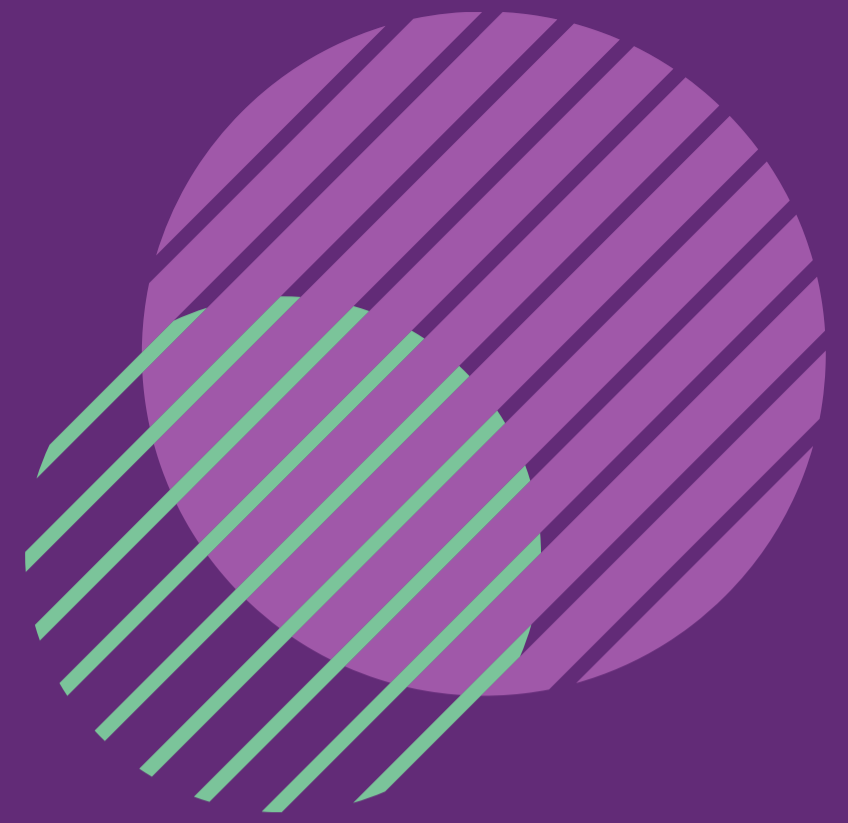


It covers a variety of topics, including:

- Student well-being centres
- Mental health apps
- Meditation techniques
- Community initiatives
- Workplace programs



The collection of resources within this document aim to **empower young people** to take control of their mental health and help support them to lead more fulfilling, balanced lives.



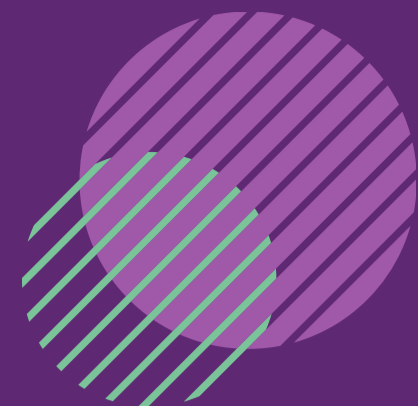
GOVERNMENTAL BODIES

This section highlights the role of governmental bodies in implementing national healthcare measures, including mental health services.

Take a look at the mental health initiatives and support systems available in your country and see how they can support you!



GOVERNMENTAL BODIES



IRELAND

Mental Health Commission: An independent statutory body that promotes and ensures high standards and best practices in the delivery of mental health services across Ireland.



CZECH REPUBLIC

Ministry of Health: The primary government body responsible for healthcare policy, regulation, and oversight in the Czech Republic, including mental health services and initiatives.



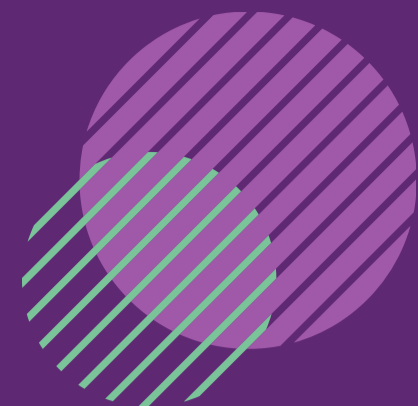
MINISTERSTVO ZDRAVOTNICTVÍ
ČESKÉ REPUBLIKY

FRANCE

Ministry of Solidarity, Autonomy and People with Disabilities: This ministry oversees social policies in France, including mental health.



GOVERNMENTAL BODIES



HUNGARY

Ministry of the Interior: This ministry is responsible for overseeing various social and health-related issues in Hungary, including mental health.

GREECE

Ministry of Health: The primary government body responsible for healthcare in Greece, including mental health services.



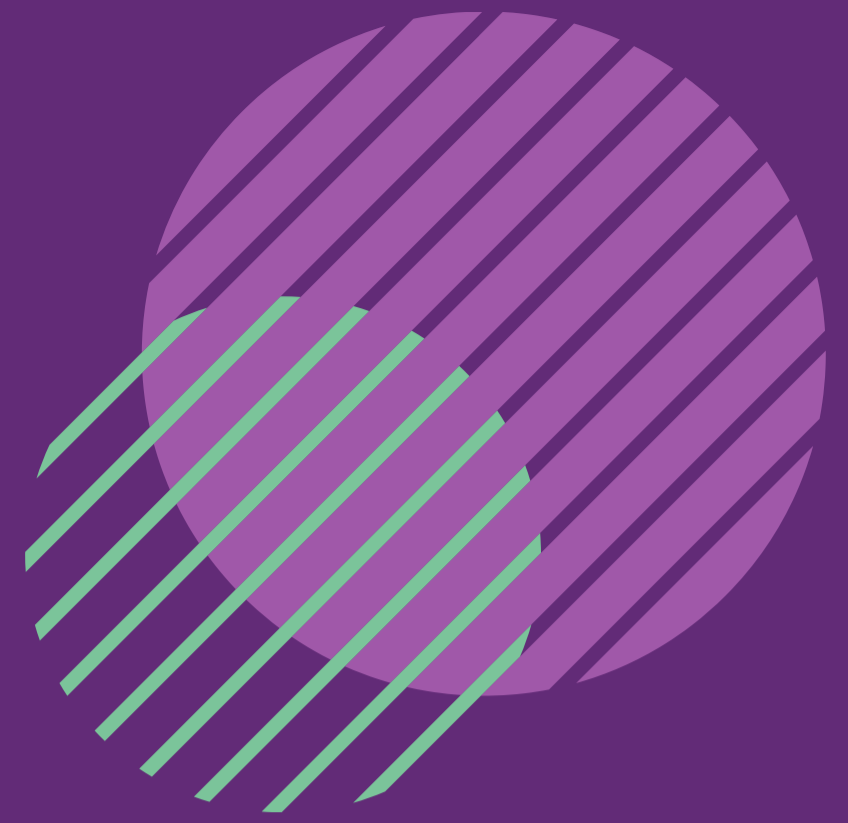
ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ
Υπουργείο Υγείας



CYPRUS

Ministry of Health: The primary government body responsible for healthcare in Cyprus, including mental health services.





STUDENT SUPPORT CENTRES

By providing a safe and supportive environment, student support centres empower young people in **building resilience, managing stress effectively, and working toward achieving their academic and personal goals.**



STUDENT SUPPORT CENTRES



Student well-being centres in Universities are vital resources for young people **navigating the challenges of higher education.**

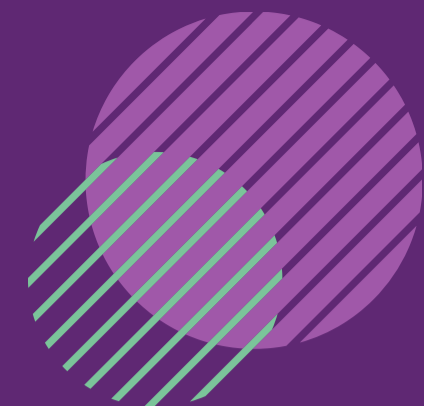
These centres provide a **range of services** designed to support students' mental health and overall well-being:

BENEFITS OF STUDENT SUPPORT CENTRES

- One-on-one **counseling** with trained professionals to address specific concerns and develop coping strategies.
- **Educational workshops and group sessions** covering topics such as stress management, time management, healthy relationships, and mindfulness techniques.
- **Peer support programs** that provide opportunities for students to connect with and support one another through peer-led initiatives.
- Referrals to **specialized services** such as psychiatry or therapy, when additional support is needed.



EXAMPLES OF STUDENT SUPPORT CENTRES



CZECH REPUBLIC

Masaryk University in Brno offers support for students facing mental health challenges, with access to professional help.

Students can also make use of services provided by the Centre for Students with Special Needs.



IRELAND

ATU Galway provides a dedicated Student Counselling Service offering individual counselling, stress management workshops, and resilience training, all designed to support students' mental well-being.



[ATU Students Counselling](#)

CYPRUS

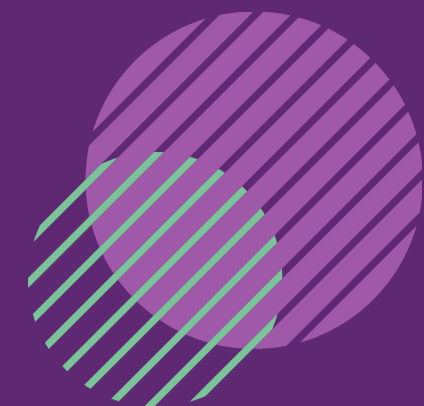
UCLan Cyprus offers a Psychological well-being and Counselling Centre, providing up to 10 counselling sessions for €50. These services are available to both students and staff.



[UCLan Cyprus](#)



EXAMPLES OF STUDENT SUPPORT CENTRES



GREECE

All major universities in Greece have dedicated departments that provide free counselling and mental-health support to students. In the following link, you can find the indicative departments per university:

[Student support in Greece](#)

FRANCE

For students in France, there is the Nightline Platform which allows them to search for free psychological support available on campuses and near their homes. Preferred languages are also available.

[Nightline France](#)

The French Ministry of Health supports any higher education student, whose training is recognised by the Ministry of Higher Education and Research, by providing 12 free sessions with a psychologist.

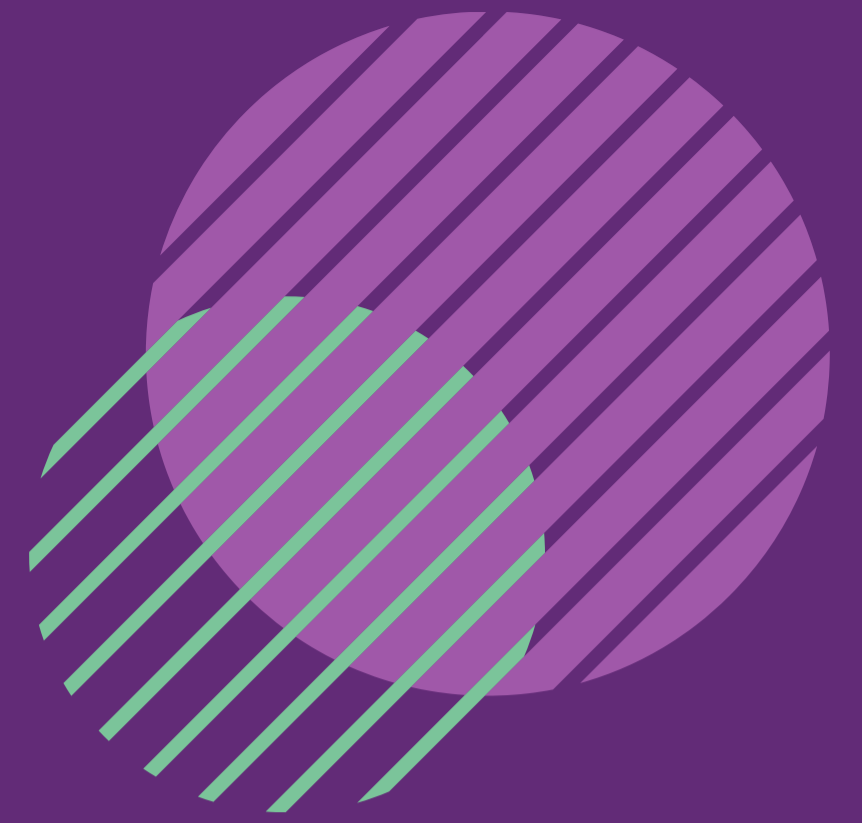
[Santé psy étudiant](#)

HUNGARY

In Hungary, student support centres offer free counselling to students with a valid Student ID card and are registered at a university, college or VET centre. In the following link, there is a list of universities and the contact points for counselling in each:

[Hungary Students' support](#)



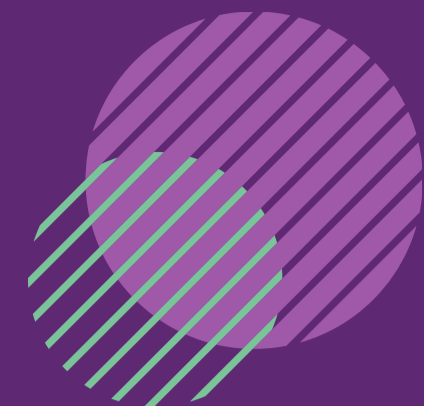


MENTAL WELLNESS APPS

Mental wellness apps are a popular tool for stress reduction, mindfulness, and overall mental well-being. They offer various features, including **guided meditations, breathing exercises, personalised coping strategies, and other mindfulness techniques** designed to help calm the mind.



MENTAL WELLNESS APPS



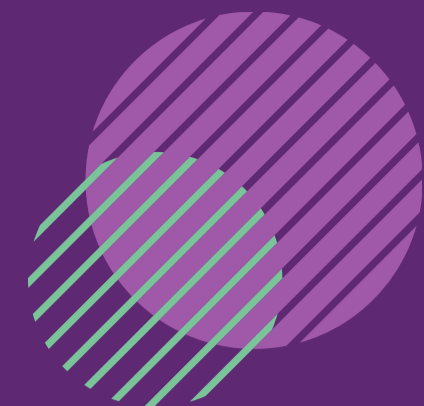
Mental Wellness apps have emerged as a valuable tool for young people seeking to **manage and reduce feelings of anxiety**.

BENEFITS OF MENTAL WELLNESS APPS

- Apps can be accessed **anytime, anywhere**, providing flexibility and convenience.
- You can engage with the app **without disclosing your identity**, fostering a sense of privacy and security.
- Many apps offer **personalized** recommendations and **tailored** exercises based on individual needs.
- You can progress **at your own pace**, setting your own goals and tracking your progress.



EXAMPLES OF MENTAL WELLNESS APPS



CZECH REPUBLIC

Nepanikar is an app designed to help manage anxiety, depression, and other mental health concerns. It offers a variety of tools, including mindfulness exercises, cognitive behavioral therapy modules, and crisis support.



FRANCE

Etude-mentalo is an app focused on the mental well-being of young people aged 11-24. It combines a self-assessment tool with personalized recommendations for managing stress and anxiety.

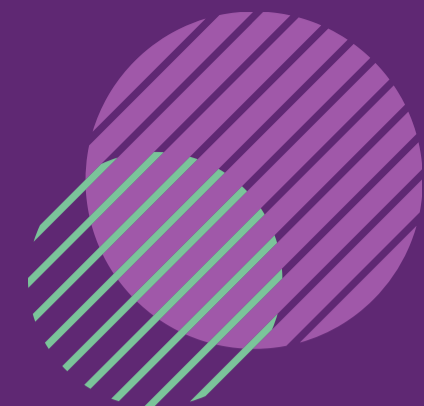


IRELAND

MyMind is an app that offers online mental health support with resources like guided meditations, breathing exercises, and relaxation techniques, along with quick access to both face-to-face and online counselling and psychotherapy services.



GUIDED MEDITATION APPS



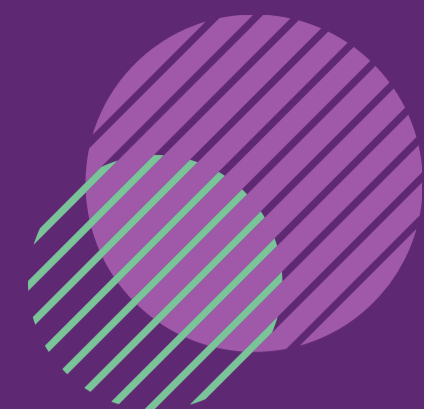
Guided meditation apps are designed to **support stress reduction, mindfulness, and mental well-being**. These apps offer guided meditations, breathing exercises, and other mindfulness techniques to help **calm your mind and reduce feelings of anxiety**.

BENEFITS OF GUIDED MEDITATION APPS

- Guided meditations can help you develop a **regular meditation practice** and learn effective techniques.
- Regular meditation practice can help **reduce stress, anxiety, and improve overall mental well-being**.
- Mindfulness techniques can enhance **focus and concentration**, leading to improved productivity and academic performance.



EXAMPLES OF GUIDED MEDITATION APPS



CZECH REPUBLIC

Calmio is a meditation app that offers a variety of guided meditations, from short mindfulness exercises to longer relaxation sessions. It also includes features such as sleep meditations and breathing exercises.

FRANCE

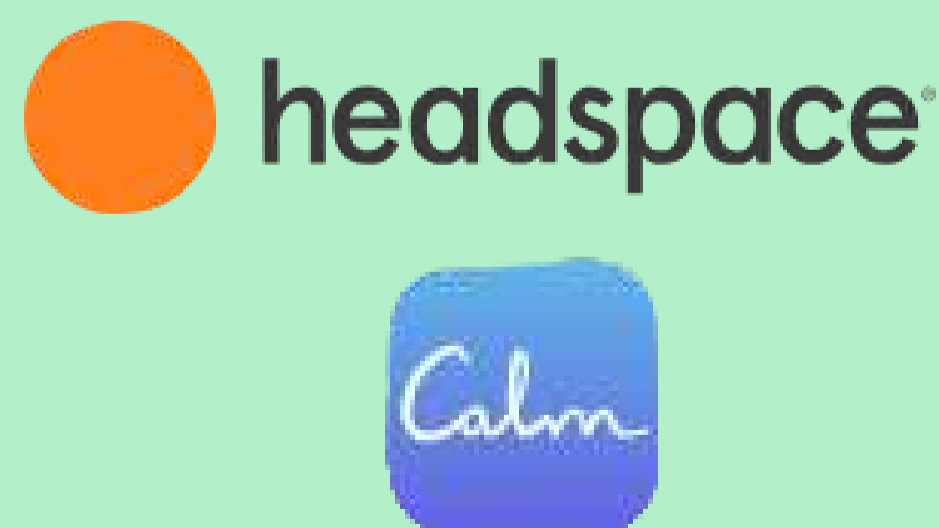
Petit Bambou is a popular meditation app that offers a wide range of guided meditations, including stress reduction, sleep improvement, and focus enhancement.



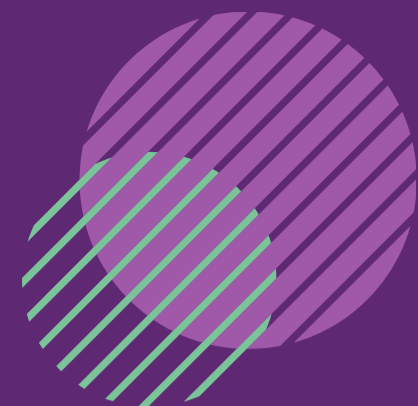
Petit BamBou

INTERNATIONAL

Headspace and **Calm** are two well-known international meditation apps that offer a variety of guided meditations, mindfulness techniques, and sleep stories.



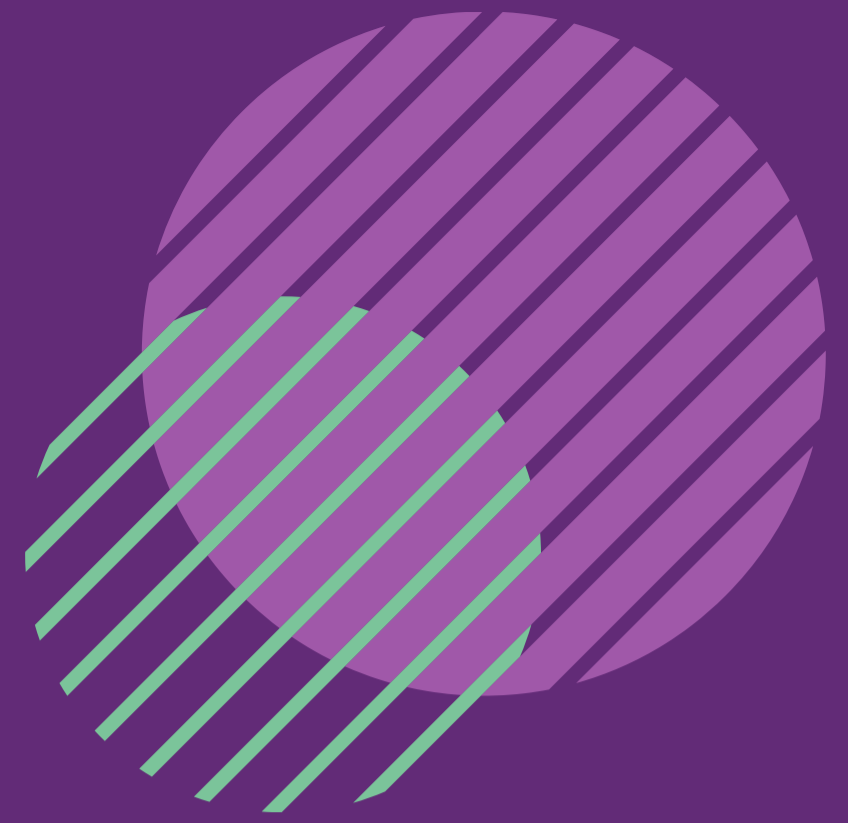
IMPORTANT NOTE



While mental wellness apps can be useful tools for managing feelings of stress, **they are not a substitute for professional care.**

If you are experiencing anxiety or other mental health concerns, it is important to seek guidance from a mental health professional for a thorough assessment and appropriate support.



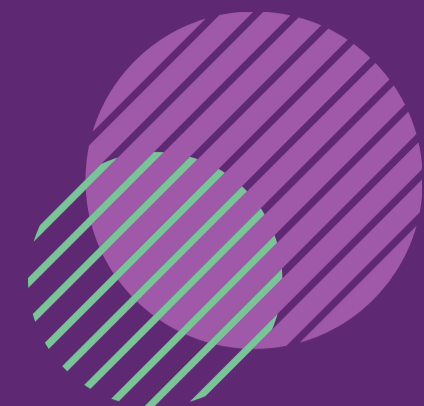


MENTAL WELLNESS WEBSITES

Websites are a valuable resource for finding information and support for your mental health, through articles, blog posts, quizzes, and forums. **Just make sure to choose websites from trusted sources!**



EXAMPLES OF MENTAL WELLNESS WEBSITES



CZECH REPUBLIC

- **Opatruj_se**: supported by the National Institute of Mental Health of the Czech Republic, it offers information on mental health, including symptoms, causes, and treatment options.
- **Nevypust' duši.cz**: provides information and support for young people struggling with mental health issues, including depression, anxiety, and eating disorders.

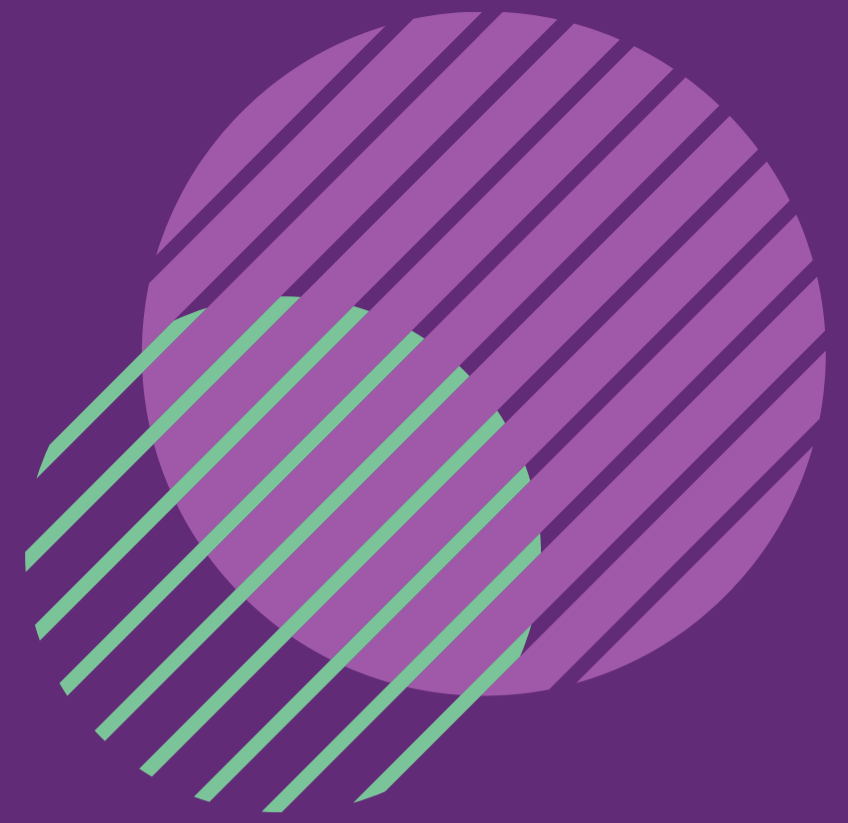
FRANCE

- **Filsantejeunes.com**: offers information on a wide range of health topics, including mental health. It provides tips on managing stress, anxiety, and depression, as well as information on seeking help.
- **Psycom.org**: offers information on mental health disorders, treatments, and prevention strategies. It also provides resources for young people, including information on how to cope with stress and anxiety.

IRELAND

- **MyMind**: A non-profit organisation offering online mental health support with resources and information to help manage anxiety, depression, and other mental health concerns.
- **Jigsaw**: A youth-focused mental health organisation providing services like counselling, workshops, and online resources.



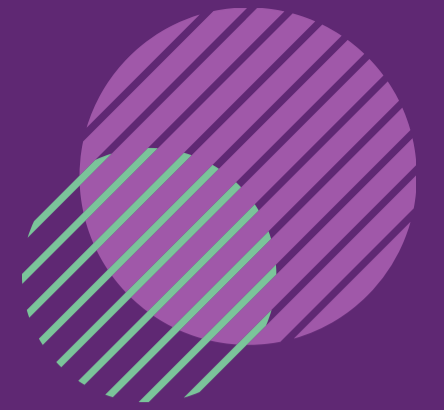


PODCASTS

Podcasts have become a popular way to **share information and personal stories**, including those about mental health and well-being.



PODCASTS



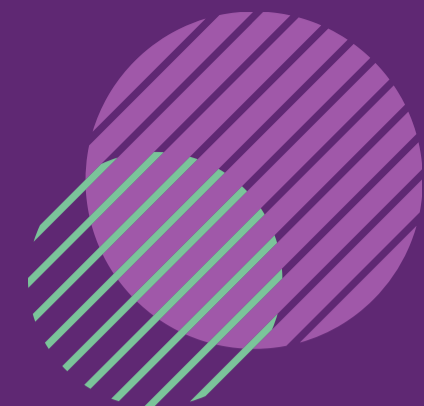
Many podcasts offer **practical advice, expert insights, and personal experiences** to help listeners manage stress and improve their mental health and well-being.

BENEFITS OF PODCASTS

- Podcasts can be listened to anytime, anywhere, making it easy to incorporate mental health education into **daily life**.
- Many podcasts feature **interviews with mental health professionals**, providing valuable information and advice.
- Hearing **personal stories** can help listeners feel less alone and more connected to others who share similar experiences.
- Podcasts can help to **reduce the stigma** around mental health by normalizing open conversations and creating a better understanding of our emotions and feelings.



EXAMPLES OF PODCASTS



FRANCE

Tes mots, nos maux: this UNICEF podcast was created by volunteers to explore mental health issues faced by young people in France.

HUNGARY

Három Királyfi Három Királylány (A Z-n en időm podcast): In this podcast series, young influencers, YouTubers, and experts talk to a generational researcher. The main topics are for example mental well-being, love, AI and addiction.

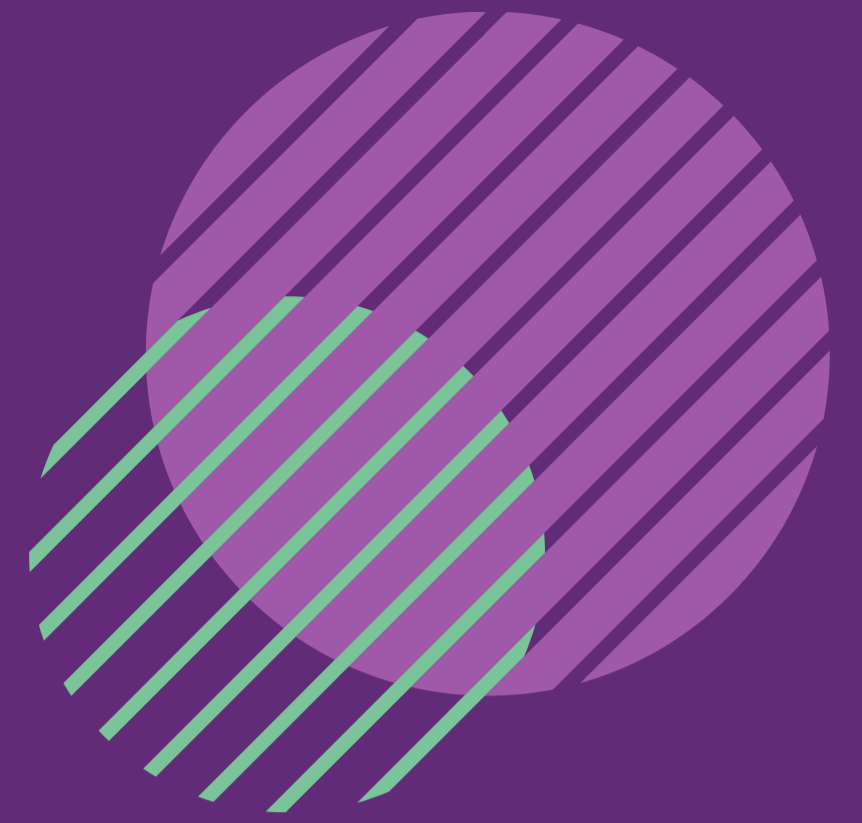
CYPRUS

The Mental Wellness Podcast: Launched in July 2024, this podcast covers a variety of topics and features interviews with mental health experts, focusing on mental health and services in Cyprus.

CZECH REPUBLIC

The “Plný kecky”, “Všímej si”, “Psycholožky v županu” and “#KAREtalk” are popular podcasts available sharing relatable advice and fresh insights.



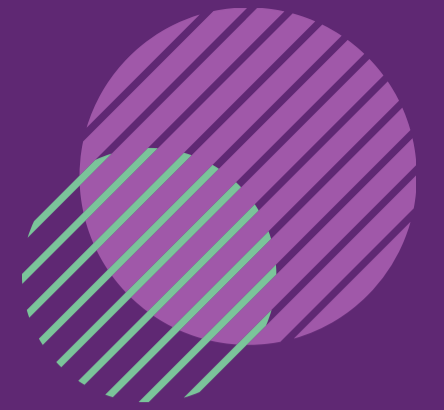


SOCIAL MEDIA

Social media platforms are a great way to share information, connect with others, and promote mental health awareness.



SOCIAL MEDIA



Social media platforms like Instagram offer an **easy space** for individuals, organisations, and advocates to spread awareness, share helpful resources, and build supportive communities when used to **support well-being**.

**Important Note: Follow trusted, verified professionals or organisations.*

BENEFITS OF SOCIAL MEDIA

- Connecting with others who share similar experiences can be a powerful way to **reduce feelings of isolation and loneliness**.
- Seeing others overcome challenges and share their stories can be **inspiring and motivating**.
- Many accounts share **practical tips and strategies** for managing stress, anxiety, and other mental health issues.
- Following mental health accounts can help to **raise awareness** of mental health issues and reduce stigma.



EXAMPLES OF SOCIAL MEDIA ACCOUNTS



FRANCE

@AmbassadeursSantéMentale: Tips, resources, and support for young people aged 16-25.

How are you really? This video is created for students and youth discussing mental health, culture, stereotypes and proposing actions towards well-being.

HUNGARY

@Mélylevegő Projekt: Shares resources for individuals to deepen their psychological knowledge and understand mental health better.

Website

Facebook

Instagram

Youtube

Tiktok



CZECH REPUBLIC

The following are popular Instagram accounts in the Czech Republic focusing on mental health, therapy, and well-being.

@terapio.cz

@proc mit sveho terapeuta

@terapiesspsycholozkou



EXAMPLES OF SOCIAL MEDIA ACCOUNTS



IRELAND

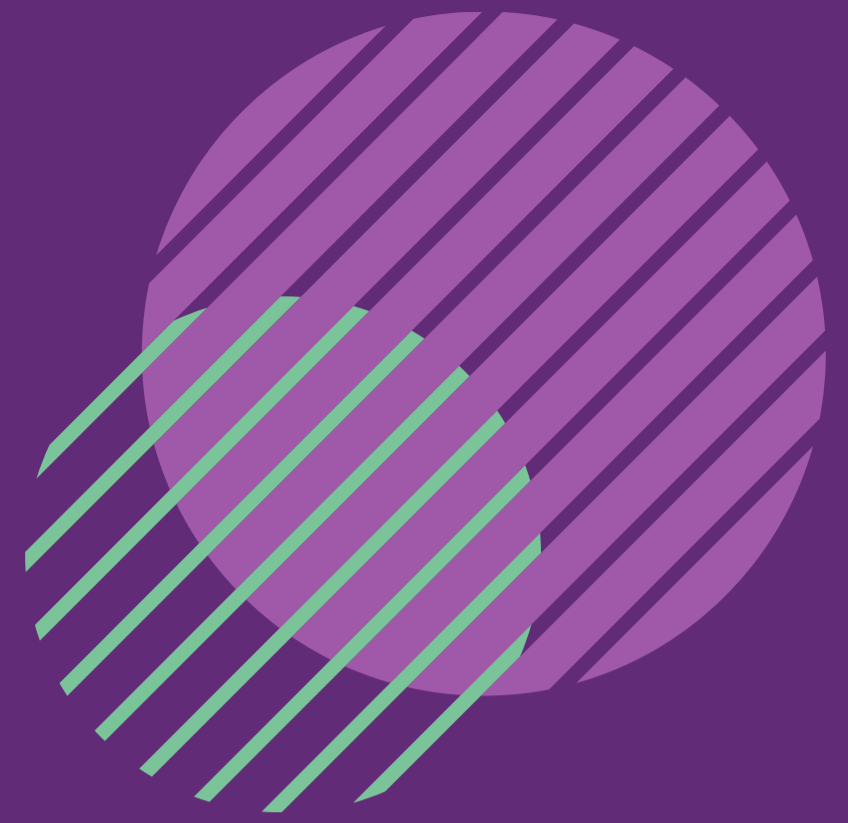
The following accounts offer helpful mental health support, advice, and resources for young people across Ireland.

[@jigsaw_ymh](#)
[@mentalhealthireland](#)
[@awareireland](#)

EU LEVEL

Mental Health Europe (MHE) is an independent European network promoting the rights of people with psychosocial disabilities and advocating for mental health care, prevention, and social inclusion.

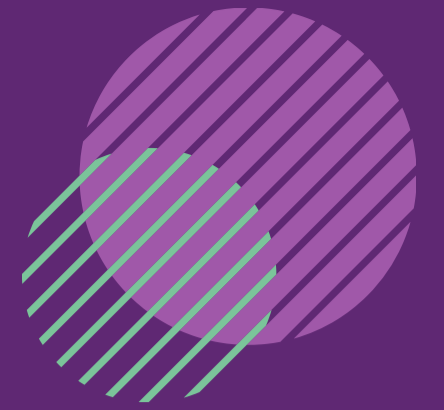




GAMES

Games can be more than just a fun pastime. Certain types of games offer **unique benefits** for young people, including developing social-emotional skills, fostering mental well-being, and building connections.





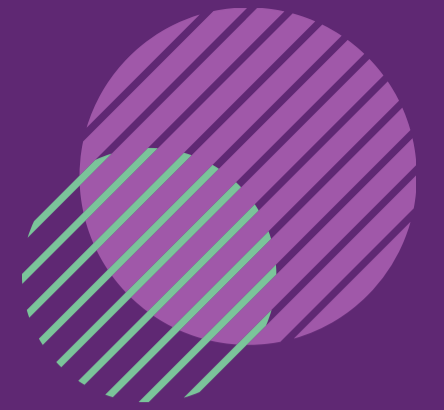
Games offer unexpected benefits **beyond entertainment.**

BENEFITS OF GAMES

- Playing games can enhance cognitive skills by **improving memory, concentration, and strategic thinking.**
- They foster **crucial social skills** such as communication, negotiation, and turn-taking, promoting **healthy interactions and sportsmanship.**
- Engaging in a game can provide a **welcome distraction** from daily stressors, offering a relaxing and enjoyable break.
- Furthermore, games can contribute to the development of **emotional intelligence** by encouraging empathy, understanding, and the ability to manage emotions effectively within the context of the game.



EXAMPLES OF GAMES

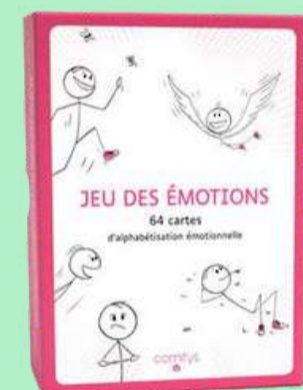


HUNGARY

Mental Focus Self-Awareness Card Game: Designed to help individuals discover their strengths and potential through thought-provoking questions and activities. This game promotes self-awareness and is great for reducing stress.

FRANCE

- **Le langage des émotions**: A mediation and animation tool to enhance personal emotional intelligence.
- **Le jeu des émotions**: Educational tool inspired by the basics of Nonviolent Communication (NVC). It helps develop emotional literacy and self-expression to improve how we understand emotions.

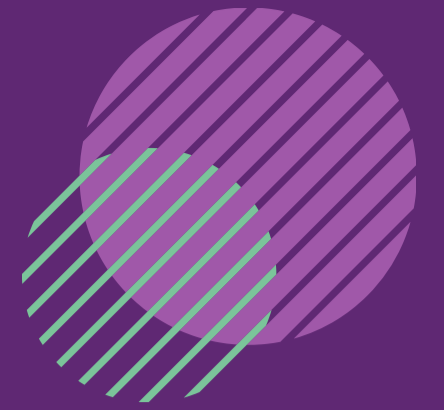


CYPRUS

The **Online React4Women Card game** is an online card game designed for young women in recovery. It focuses on self-empowerment, self-advocacy, and employability skills, making it a valuable tool for personal growth.



EXAMPLES OF GAMES



CZECH REPUBLIC

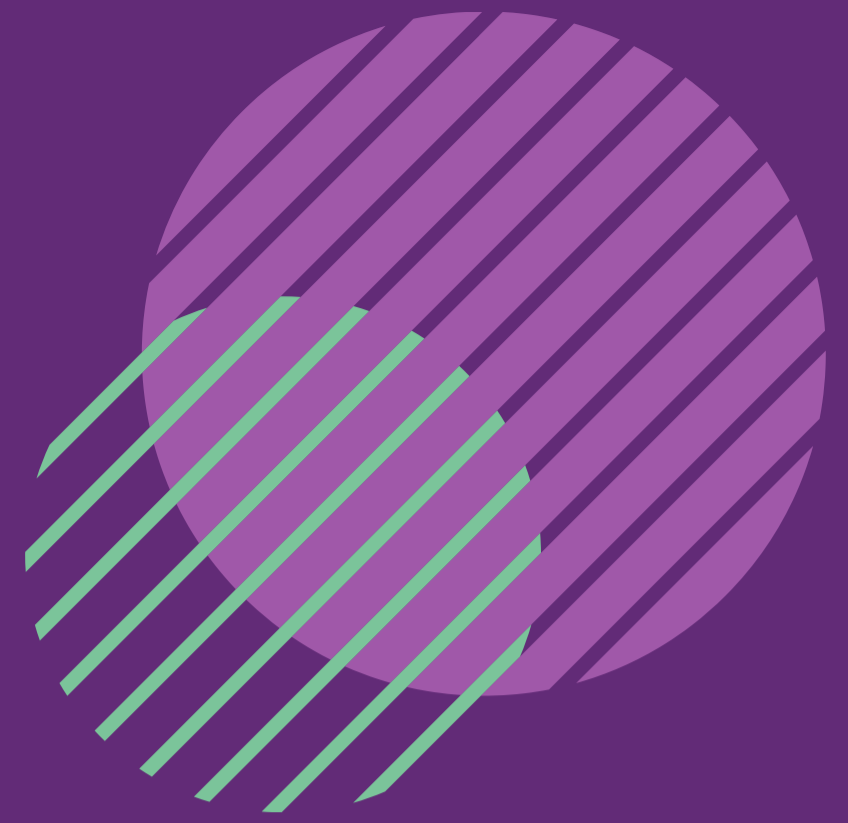
Cesta za štěstím (Journey to Happiness) is a family-friendly game where players make decisions to guide their characters toward happiness. It promotes positive decision-making and self-reflection for all ages.

EU LEVEL

The MindSmooth Game

Within another EU Youth project, a Minecraft game was structured to engage young people in exploring topics like anxiety, stress, resilience, and digital well-being through immersive gameplay. The game is available in English, Dutch, Italian, Polish, Spanish and Norwegian.



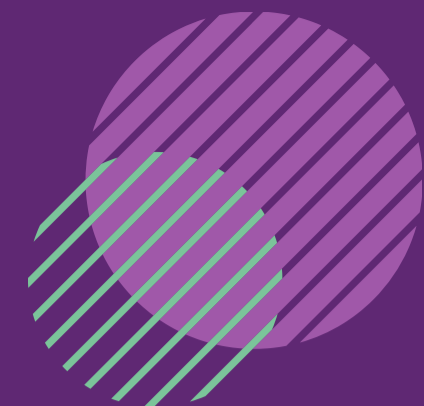


COMMUNITY INITIATIVES

From charities and workplace programmes to community initiatives and clubs, there are **many ways to engage with mental health supports** and find safe spaces to share your feelings.



COMMUNITY INITIATIVES



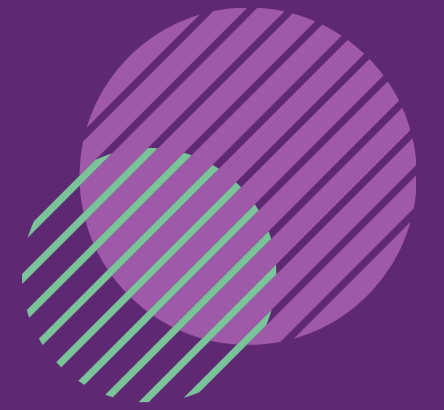
Community initiatives play a role in promoting mental health and well-being, especially for young people. These initiatives often **bring together local organisations, schools, and community members** to create supportive and inclusive environments.

BENEFITS OF COMMUNITY INITIATIVES

- Community initiatives can help **raise mental health awareness** and **reduce stigma**.
- These initiatives provide **access to mental health services and support** for young people who may not have other resources.
- Community initiatives help young people **connect** with others and build strong social relationships, creating a supportive network.
- Getting involved in community initiatives empowers young people to **take control of their mental health** and make positive changes in their lives.



EXAMPLES OF COMMUNITY INITIATIVES



HUNGARY

Boldogság Óra: This initiative focuses on promoting happiness and well-being in young people, offering workshops, training programs, and resources to help them develop skills for thriving.

Antihatáridőnapló Klub: Offers a comprehensive self-awareness program designed to help individuals slow down and explore areas of their lives, such as mindful eating, digital detox, and conscious money management. The program includes group discussions, workshops, and practical exercises focused on improving well-being and managing stress.



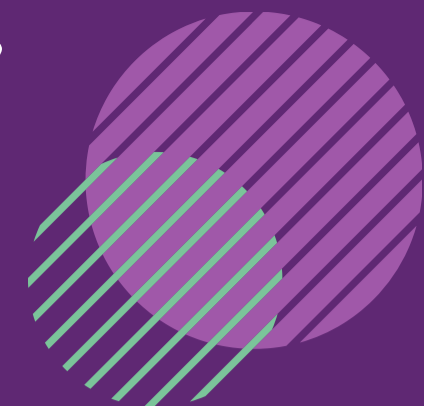
GREECE

Breathe aims to improve mental health understanding in Greece by offering self-care tools, supporting campaigns that build community, and advocating for equitable access to mental health support.

KLIMAKA is a social, non-profit, non-governmental organisation (NPO) founded in 2000. It operates units and implements programs and interventions to promote mental health and social integration of marginalised groups in Greece and abroad.



EXAMPLES OF COMMUNITY INITIATIVES



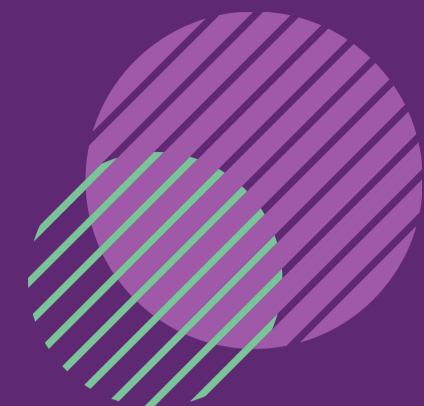
FRANCE

Social centres in France are community-based structures located in local neighbourhoods to support families, strengthen social cohesion, and help residents develop their own projects. They offer educational, cultural, and social support activities, including initiatives linked to insertion and youth engagement. Their mission is to respond to local needs and promote active participation from the community, especially among young people or those facing difficulties. Check in your neighbourhood where the closest one is located!

Social Centres



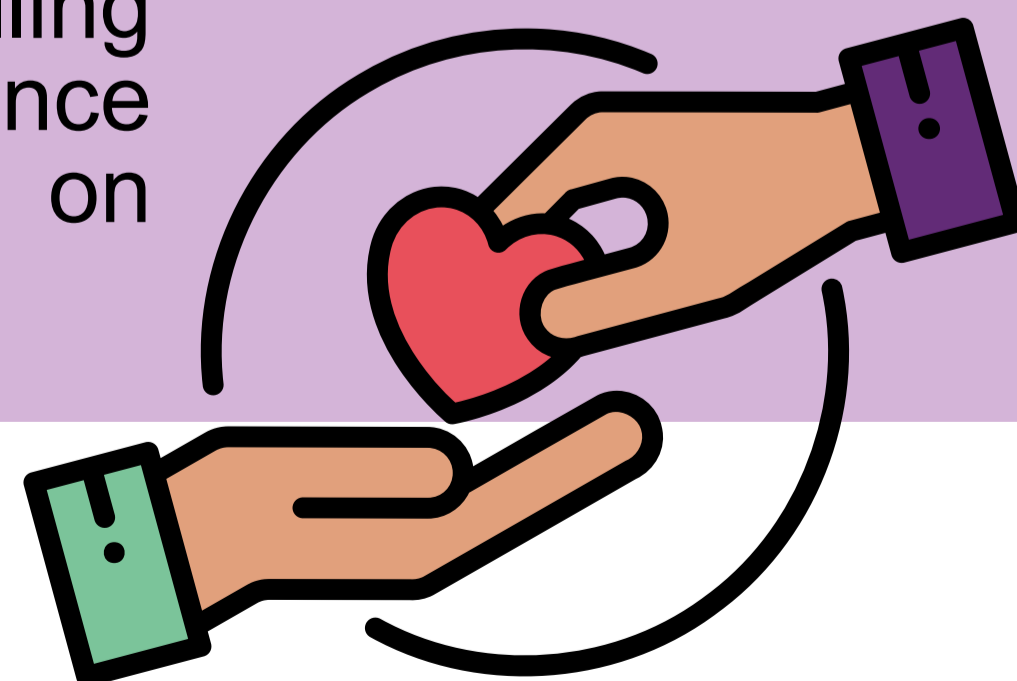
COMMUNITY INITIATIVES - CHARITIES



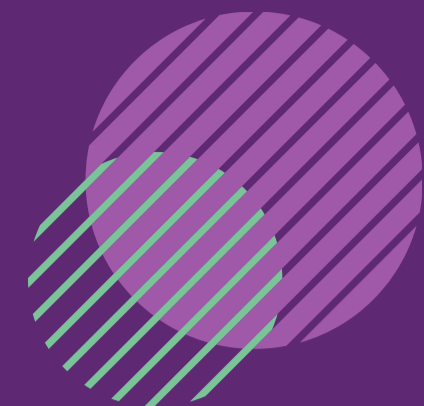
Charities play a key role in supporting young people's mental health by offering **counselling, therapy, educational programmes, and community outreach.**

BENEFITS OF CHARITIES

- Charities provide essential services to people who **may not have access to other mental health resources.**
- Charities advocate for **policy changes and increased funding** for mental health services, improving support for everyone.
- Some charities fund **research** to advance the understanding and treatment of mental health conditions.
- **Volunteering** with a mental health charity can be a fulfilling experience, offering the chance to make a positive impact on others.



COMMUNITY INITIATIVES - CHARITIES



IRELAND

A Lust for Life is a youth mental health charity dedicated to empowering and educating young people through early preventative mental health programmes in schools. They provide a variety of resources and support, including workshops, training, and online tools.

SpunOut is a registered charity focusing on Irish Youth supporting mental health and well-being, while at the same time inspiring education and employability.

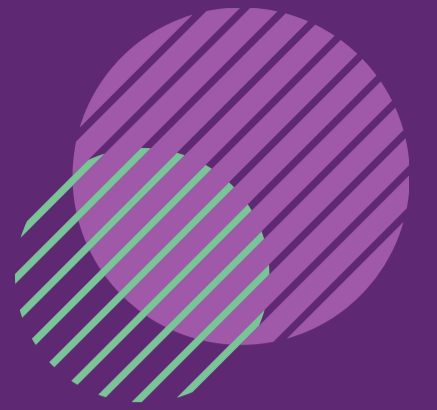
Grow Mental Health is a charity delivering Mental Health Education Programs both within the community and the workplace. They provide free group support to people aged 18 and above.



CYPRUS

Samaritans Cyprus offers confidential emotional support for those over 18 who are feeling distressed, lonely, or struggling to cope. They provide a non-judgmental space to talk and listen, offering support without giving advice.

COMMUNITY INITIATIVES - WORKPLACE PROGRAMMES



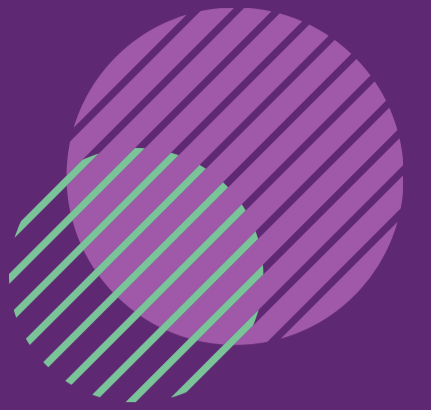
Workplace programmes aim to promote **employee well-being and productivity** by addressing mental health concerns. These programmes can include services such as counselling, stress management workshops, and mindfulness training.

BENEFITS OF WORKPLACE PROGRAMMES

- Prioritising mental health helps create a **more positive and supportive** work environment.
- **Reduced stress and improved mental health** lead to increased productivity and job satisfaction.
- Addressing mental health concerns **helps reduce absenteeism and increase presenteeism.**
- Offering mental health support **enhances a company's reputation** as a caring and supportive employer.



COMMUNITY INITIATIVES - WORKPLACE PROGRAMMES



IRELAND

Employee Assistance Programs (EAPs): Many companies in Ireland offer EAPs, providing employees with confidential counselling, stress management resources, and health workshops to support mental well-being and enhance job performance.



GREECE

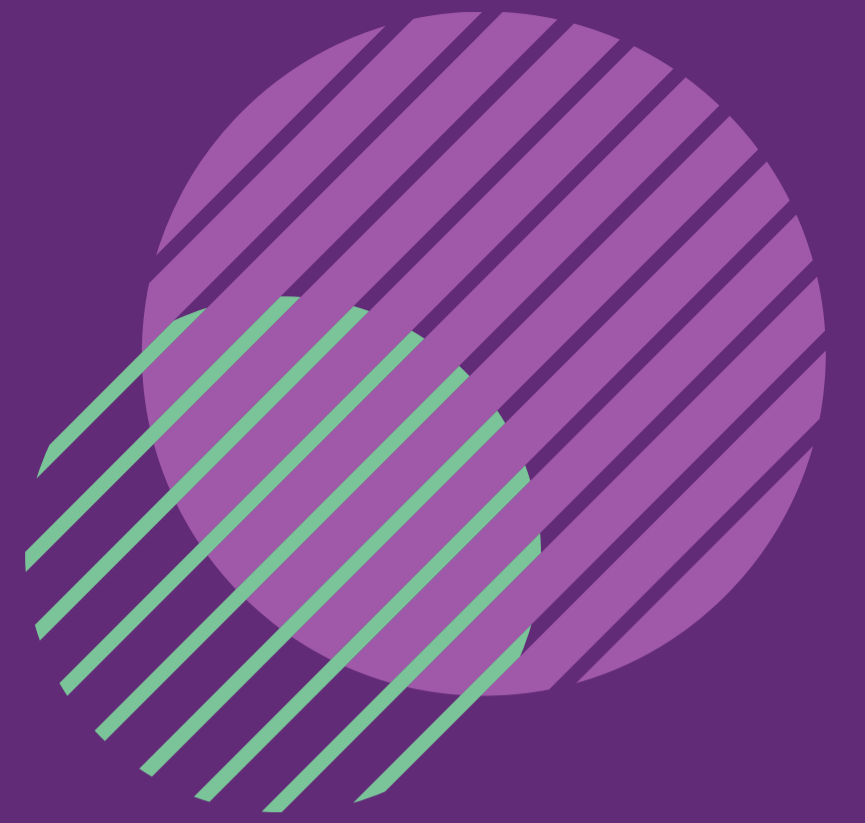
In collaboration with Greece's Ministry of Health, **Thalpos Mental Health** launched the first-ever National Workers' Day Centre in 2023. The centre focuses on preventing mental health conditions, promoting well-being, and providing workplace mental health support through programmes, all in line with the World Health Organisation (WHO) guidelines.



FRANCE

Although not strictly a workplace programme, **Welcome to the Jungle** aims to make work a positive, lasting experience. They collaborate with Adeline Perez (@unamourdechef tm) to raise awareness about toxic work behaviour using humour.

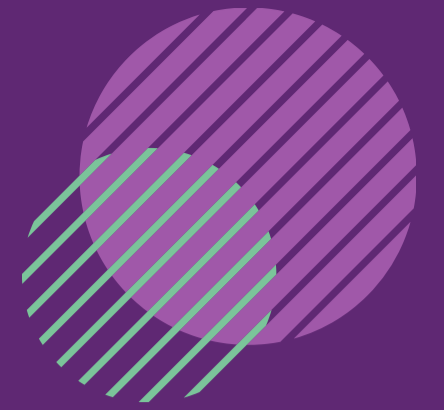




CONCLUSION



A FINAL WORD



In conclusion, this document has explored a **variety of resources and strategies** designed to support young people's mental health and well-being.

From student wellness centers and mental health support apps to meditation practices, community initiatives, and workplace programs, there are many resources available to **help manage feelings of stress and improve mental health and well-being.**

It is important to remember that your **mindset and mental health are key aspects of your overall well-being.** By prioritizing your mental health and reaching out for support when needed, **you can live a fulfilling, balanced, and productive life.**



EMERGE YOUTH

Unlocking Potential, One Breath at a Time



Co-funded by
the European Union



Ollscoil
Teicneolaíochta
an Atlantaigh
Atlantic
Technological
University

TREBAG
Szellemi tulajdon- és Projektmenedzser Kft.



AKLUB

