



Approaches to improving the mental wellbeing of young people are not always effective. Design thinking, with its emphasis on unlocking creative and collaborative problem-solving, skills, and innovation, allows for explorations that empower young people to find and create solutions that are more engaging and relevant to their experiences of mental wellbeing.



This project will establish cooperation and exchange of good practices between three partner organisations and empower them to use design thinking to improve youth mental wellbeing. The project aims to improve organisational conditions for engaging with youth in creative problem-solving, encouraging innovative and critical skills, and creating a platform for solutions that address the real-life problems identified by young people in their local and wider environments.

CHALLENGE
CHALLENGE

It simply is not possible to create better solutions to mental wellbeing without young people, yet they are the ones most affected by poor mental health conditions.



That is why organisations and stakeholders need methods to listen and ensure dialogues that let youth feel safe to put ideas into action.

EXPECTATION



REALITY
REALITY
REALITY



Too often, a negative focus is on the needs and challenges that young people have when it comes to mental health and wellbeing. This deficit thinking needs to change.

In reality, young people are agents of change with unique ideas, valuable inputs, and solutions to improving wellbeing.

CONCEPT NOTE: ERASMUS+ Partnerships
for cooperation and exchanges of practices

WICKED WELLBEING

Join us!
IG: @coliterate

