



First things first: from a mental health perspective

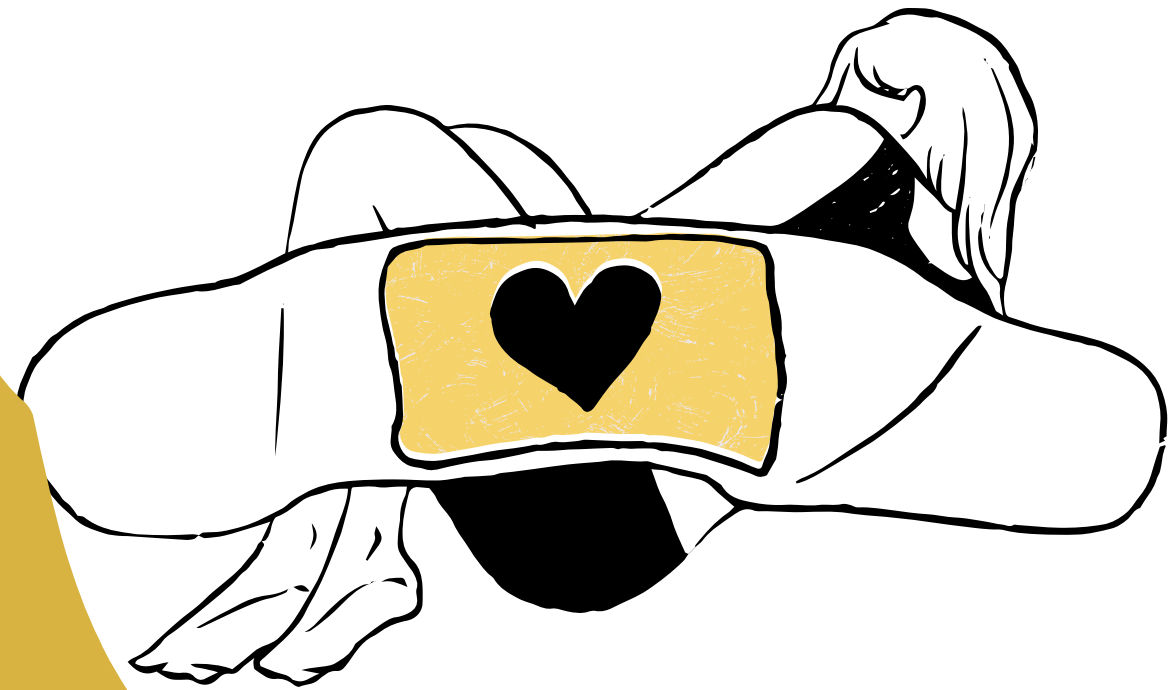
TC 12–22 of May in Setomaa, Estonia



What is Mental Health?

Just like physical health, mental health is an essential aspect of overall well-being. It affects your thoughts, emotions, relationships, and your ability to handle different situations.

Topic



Learn to value and support the physical, mental and emotional health of yourself and those around you by applying emotional-cognitive skills, appropriate communication methods and methods to support understanding and maintaining motivation of emotions. As a result of the training, the participant has the competence to apply basic self-help techniques to support his or her mental health and to provide initial support and information to those in need with mental health concerns.

Learning outcomes of the training



Participants:

- recognize behaviors and important risk factors indicative of some mental health problems;
- use some mental health self-help techniques;
- are able to use the basic steps of the mental health first aid action plan to first support the person in case of mental health problems;
- are able to notice the stigma and understand its impact on the person with mental health problems.



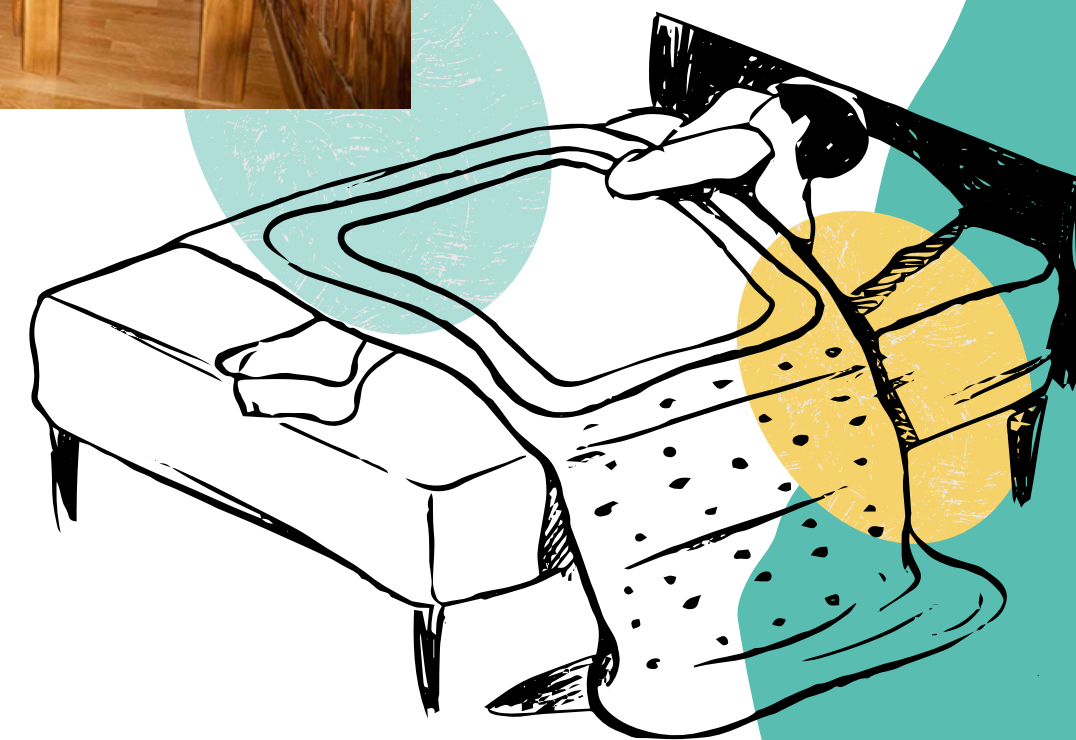
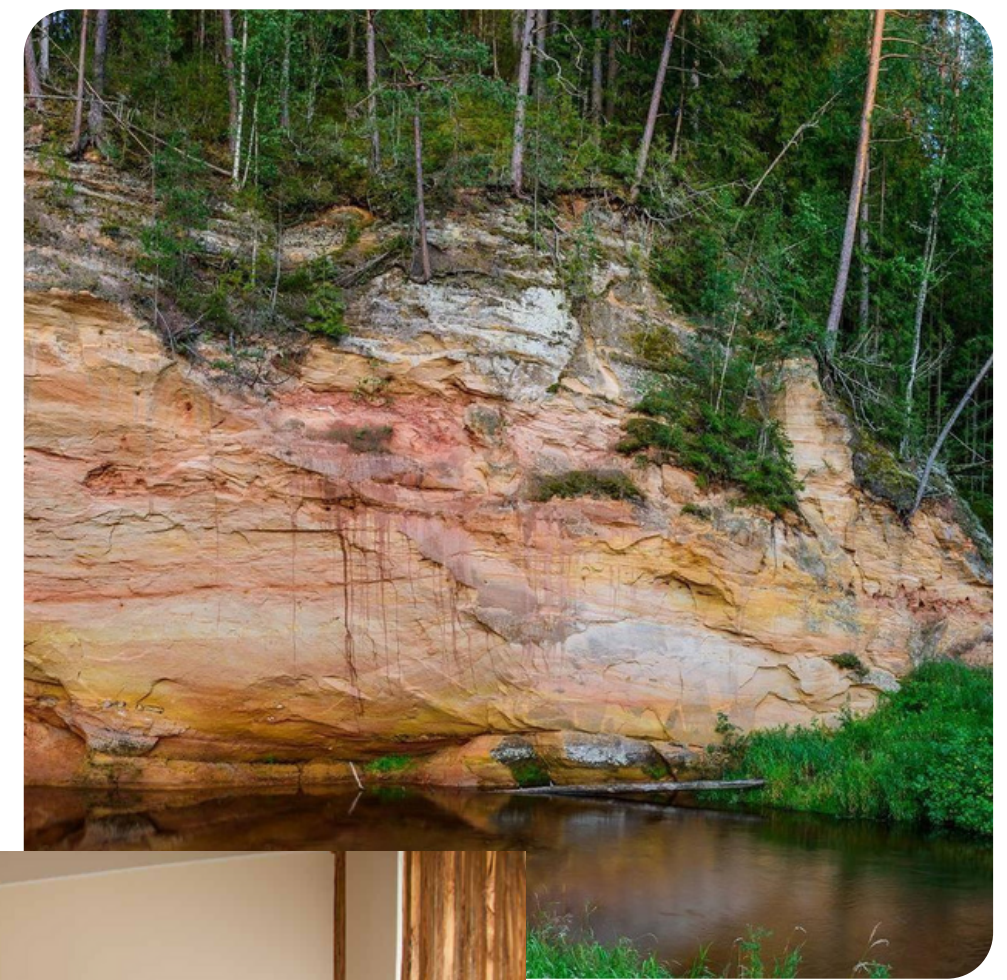
Target Group

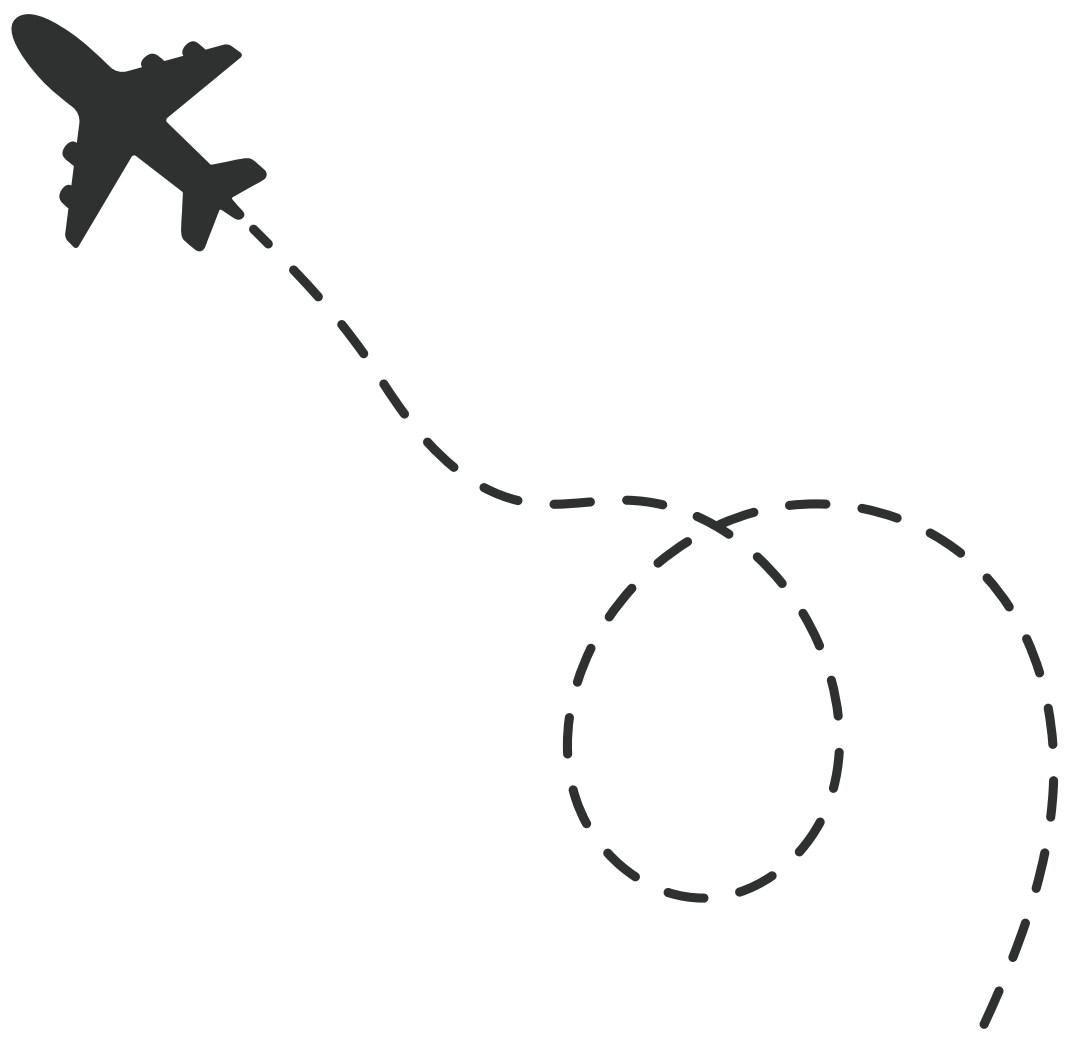
- youth workers
- teachers
- facilitators
- people working with young people
- volunteers of youth organizations
- active young people age 18+

Venue

Piusa Ürgoru Holiday Center

Participants will be accommodated 2 - 3 people in rooms. Piusa Ürgorg Holiday center is located in "Kingdom of Setomaa". Setomaa is a region south of Lake Peipus. Setomaa is nestled between the southeast of Estonia and the northwest Pskov Oblast of the Russian federation. Situated 300 km northwest from Setomaa is Tallinn, the capital of Estonia.

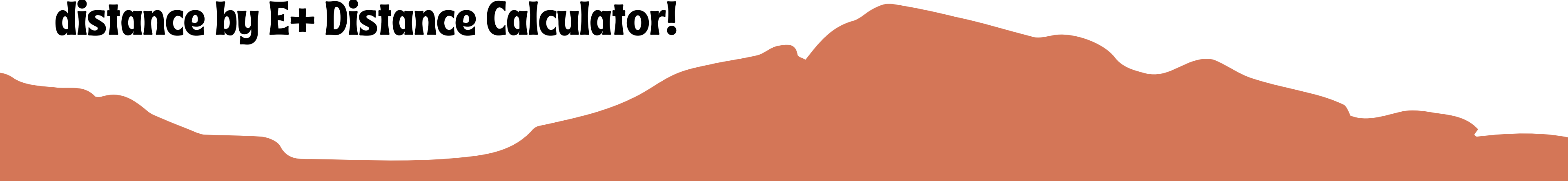


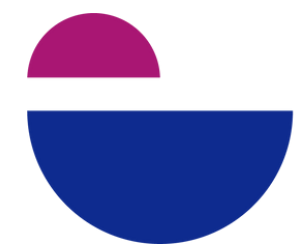


Reimbursed Travel Costs & no of participants

Poland	275€ - 3 pax	Portugal	820€ - 2 pax
Croatia	275€ - 3 pax	Spain	530€ - 3 pax
Romania	275€ - 2 pax	Cyprus	360€ - 2 pax
Estonia	210€ - 2 pax	Italy	275€/360€ - 3 pax

Budget is calculated by real travel distance by E+ Distance Calculator!





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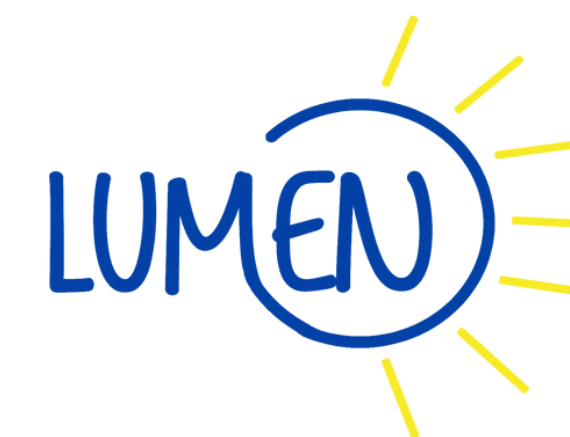
Partner organizations



Co-funded by the
Erasmus+ Programme
of the European Union



Seiklejate Vennaskond



Kora (Italy)

Youth Dynamics (Cyprus)

Seiklejate Vennaskond (Estonia)

Lumen - Ludbreška udruga mladih entuzijasta (Croatia)

Asociația Pentru Dezvoltare Activă (Romania)

Fundacja Sempre a Frente (Poland)

Teatro Metaphora (Portugal)

Asociación 217 Sur (Spain)

Seiklejate Vennaskond

Seiklejate Vennaskond is youth and civil society organization, which connects active adventurous people together. We work mainly with young people, but also with youth workers, trainers and teachers and organizations active in non-formal education field and lifelong learning. NGO is concerning equality, fight against racism & xenophobia, human rights, mobility and migration, environment protection, healthy lifestyle, no hate speech movement, refugees etc.

We sincerely believe that young people today can make a difference and we all work for this purpose.



Seiklejate Vennaskond



Seiklejate
Vennaskond



Further information

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