

# Well-Youth!

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*Methodology for designing  
blended training activities for  
unemployed young people*



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Youth workers who work with young people affected by the pandemic context face unique challenges and educational needs. Here are some potential areas of focus for their education and training:

## 1. Mental health support

Youth workers may need to develop skills in providing mental health support to young people who are experiencing anxiety, depression, or other mental health challenges related to the pandemic. This could include learning about different therapeutic approaches, understanding the signs and symptoms of mental health issues, and developing strategies for supporting young people's mental health.

## 2. Digital engagement

With many young people spending more time online due to the pandemic, youth workers may need to develop skills in digital engagement and online programming. This could include learning how to use video conferencing tools, developing online activities and resources, and understanding how to create a safe and inclusive online environment.

## 3. Crisis intervention

Youth workers may need to be prepared to respond to crisis situations that arise as a result of the pandemic, such as instances of domestic violence, child abuse, or mental health crises. This could involve developing skills in crisis intervention and conflict resolution, as well as knowledge of local resources and support services.

## 4. Trauma-informed practice

Many young people may have experienced trauma or adversity as a result of the pandemic, and youth workers may need to develop a trauma-informed approach to their work. This could include learning about the effects of trauma on young people's development and behavior, developing strategies for creating a safe and supportive environment, and understanding how to respond to challenging behavior.



## 5. Advocacy and policy

Youth workers may need to be informed about relevant policies and advocacy efforts related to the pandemic, such as policies around school reopening or funding for mental health support. This could involve developing skills in advocacy and community organizing, as well as understanding how to navigate local and national policy systems.

Overall, youth workers who work with young people affected by the pandemic context need to be flexible, adaptable, and responsive to the changing needs of young people and their communities. Continuing education and professional development can help youth workers stay up-to-date on the latest trends and best practices in their field, and provide the tools they need to support young people during these challenging times.

This methodology has been developed for youth workers who are interested in promoting the mental health and well-being of young people. In today's world, young people are facing numerous challenges that can impact their mental health. This methodology aims to equip youth workers with the necessary knowledge, skills and tools to effectively promote mental health and well-being among young people.



### Aim

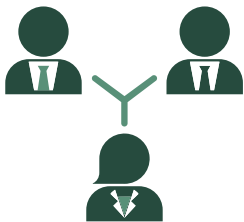
The aim of this methodology developed within the project **WELL\_YOUTH! -Mental Wellbeing for Youth Unemployed Affected by the Pandemic Context of Coronavirus**, with the ref. no. **2022-1-RO01-KA220-YOU-000089447**, is to provide youth workers with a comprehensive understanding of the factors that impact mental health and to equip them with practical tools and strategies to promote mental health and well-being among young people.





## Objectives

- To provide an overview of mental health and the different factors that impact mental health among young people.
- To identify and explore the different warning signs of mental health problems among young people.
- To equip youth workers with practical tools and strategies to promote mental health and well-being among young people.
- To provide concrete examples of good practices and activities that support the mental health of young people.
- To provide a blended learning approach that combines both online and offline resources to enhance learning outcomes.

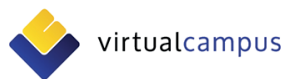


## Target-group

This methodology is designed for youth workers who work with young people aged between 12 and 35 years old. It is suitable for both experienced and new youth workers who are interested in promoting mental health and well-being among young people.



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