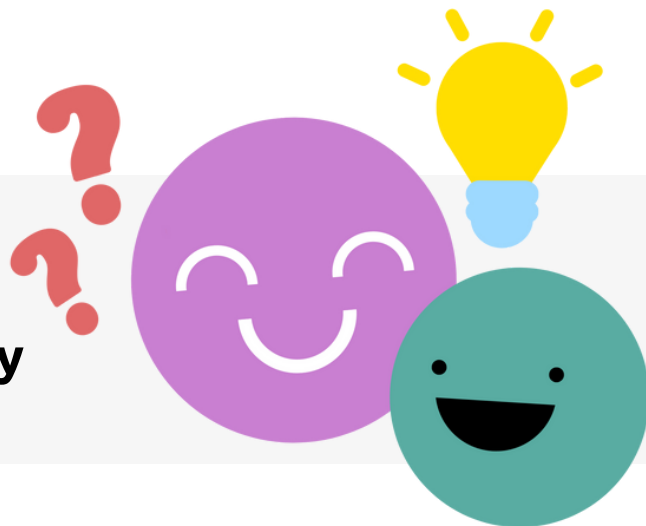


Mental Health & Self-Identification Journey



The programme "**Mental Health & Self-Identification Journey**" is implemented in 20 secondary education schools across Greece. The programme aims to introduce the concept of mental health in school life and to contribute to the creation of a safe environment that promotes an open dialogue on mental health issues. As part of the programme, students will have the opportunity to learn about the importance of good mental health and the factors that affect it, as well as the importance of finding one's personal purpose for one's mental well-being.

Through group live sessions, workshops, and non-formal educational activities, students will gain overall knowledge on topics related to mental health and ways to ensure it both individually and at school. At the end of the programme, they will be asked to create the 1st Mental Health Guide for their school, where they will reflect in their own creative way what they have learned.

At the same time, the educators who will undertake the realization of the programme in their school will have the opportunity to participate in training from the scientific team of Openous and gain important resources for promoting mental health in the school environment.

The programme is implemented with the support of the **Costas M. Lemos Foundation**, and in collaboration with the scientific team of **Openous**, and with the guidance of **Anna Freud Center**, for the school year **2023-2024**.