



2023-1-ES01-KA220-SCH-000165096

**Tell Your Mind: Voicing mental health
conditions and promoting socio-emotional
well-being in secondary schools**



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Training Course Program

27

February

14:00–18:00 CET

MODULE 1 – Knowing and Recognizing Signs and Symptoms of Mental Health Diseases

07

March

14:00–18:00 CET

MODULE 2 – Addressing Prejudices Around Mental Health Diseases

12

March

14:00–18:00 CET

MODULE 3 – Promoting Help-Seeking Behaviors and Preventive Measures

18

March

14:00–18:00 CET

MODULE 4 – Strategies for Effective Stress Management, Coping Skills, Resilience, and Positive Thinking

24

March

14:00–18:00 CET

MODULE 5 – Building Positive Communication, Active Listening, and Empathy

MODULE 1

Knowing and Recognizing Signs and Symptoms of Mental Health Diseases

Time and date: Thursday, 27/02/2025, 14:00 - 18.00 CET

Host: Muzicka skola Stevan Hristic

Speaker: Svetlana Aleksic and Jelena Dimić

This session will focus on understanding common mental health issues in children and adolescents, including research-based insights and practical examples. Participants will learn to identify early warning signs and behavioral manifestations, as well as understand the roles and responsibilities of educators and specialists. Case studies will provide practical applications for identifying when professional intervention is required.

The application deadline: 26/02/2025

MODULE 2

Addressing Prejudices Around Mental Health Diseases

Time and date: : Friday, 07/03/2025, 14:00 - 18:00 CET

Host: Jelgavas Valsts Gimnazija

Speaker: Artūrs Lukjanovs and Judīte Iliško

This session will explore the stigma and cultural factors that impact mental health. Participants will delve into the mechanisms of stereotypes, prejudices, and the self-fulfilling prophecy, along with their impact on seeking help. Strategies for addressing stigma, promoting awareness, and fostering a supportive school culture will be discussed. Attendees will also develop an action plan for a school-wide mental health awareness campaign.

The application deadline: 06/03/2025

MODULE 3

Promoting Help-Seeking Behaviors and Preventive Measures

Time and date: Wednesday, 12/03/2025, 14:00 - 18:00 CET

Host: ELA Sicilia

Speaker: Serena Sciarrotta

In this session, participants will learn to recognize internal and external barriers to seeking help for mental health issues. The importance of mental health practices such as mindfulness, stress management, and therapy will be emphasized. Educators will be equipped with resources and strategies to empower students to take proactive steps toward mental well-being.

The application deadline: 11/03/2025

MODULE 4

Strategies for Effective Stress Management, Coping Skills, Resilience, and Positive Thinking

Time and date: Tuesday, 18/03/2025, 14:00 - 18:00 CET

Host: ELA SL

Speaker: Elena Lukashevich

This session will provide tools for identifying personal stressors and understanding their impact on physical and mental health. Attendees will learn cognitive-behavioral techniques to challenge negative thought patterns, prioritize tasks, and develop a growth mindset. Strategies to manage stress effectively, improve resilience, and maintain a positive outlook will also be covered, with practical examples to enhance application.

The application deadline: 17/03/2025

MODULE 5

Building Positive Communication, Active Listening, and Empathy

Time and date: Monday, 24/03/2025, 14:00 - 18:00 CET

Host: Inicijativa - Centar za Edukaciju

Speaker: Jelena Posavec Smilović

Participants will discover techniques for fostering positive communication in both teacher-student and peer relationships. The importance of active listening and empathy in resolving conflicts will be highlighted. The session will provide practical guidance on delivering constructive feedback and teaching conflict resolution skills, ensuring a collaborative and inclusive classroom environment.

The application deadline: 23/03/2025

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