

NEWSLETTER 1

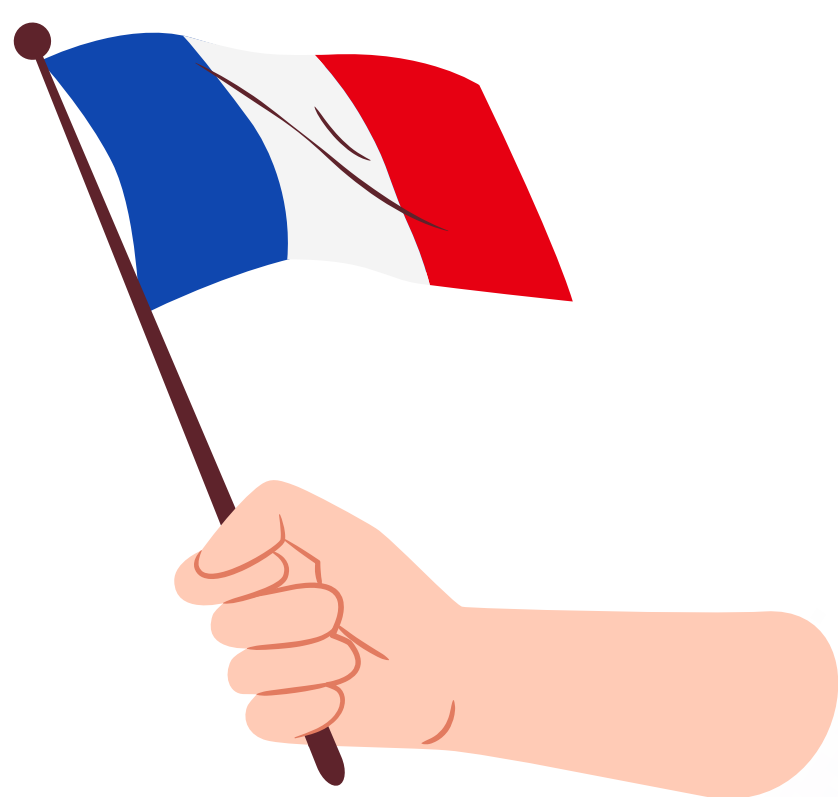
October 2024



About our project

The Emerge Youth Project is an EU-funded initiative aimed at supporting young people in **developing resilience and coping skills, particularly around stress management.**

By working with organizations across Europe, the project seeks to address the mental health challenges youth face today.



Kick-off meeting in France

The kick-off meeting for the project was held in **Paris, France, in June 2024**, marking the official start of collaborative efforts.

Additionally, all partners participated in **five online meetings**, where they discussed crucial elements of the project's early development, establishing a shared understanding of objectives, timelines, and roles.



EMERGE YOUTH

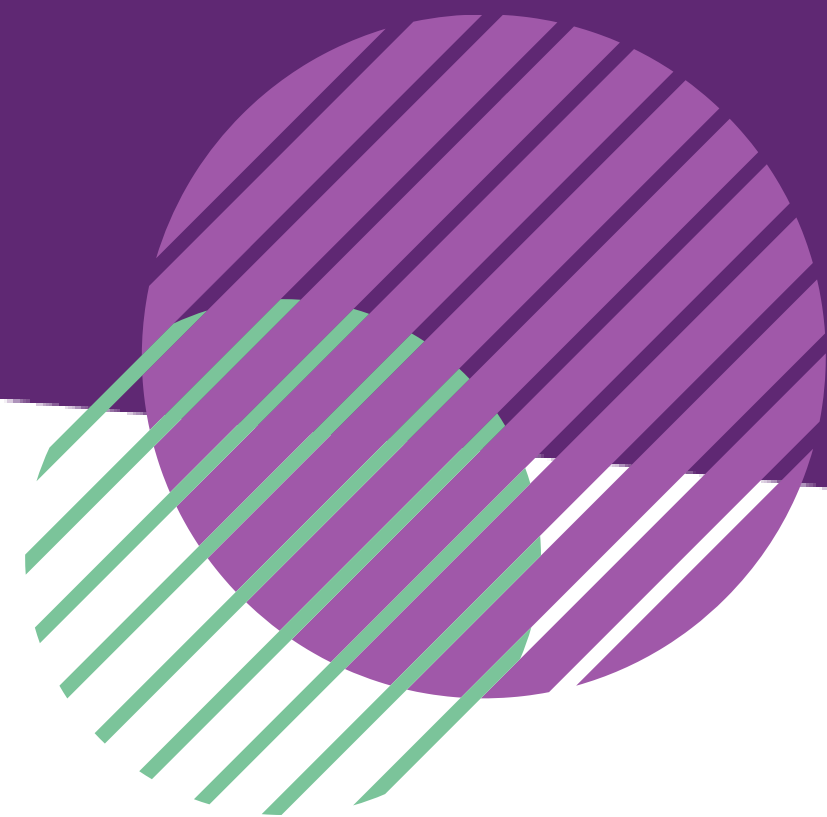
Unlocking Potential, One Breath at a Time



Co-funded by
the European Union

NEWSLETTER 1

October 2024



Project results

The Emerge Youth Project aims to empower young people by **raising awareness about stress management** and providing accessible tools to handle life's pressures.

An **educational pack** will equip educators with resources to lead workshops and activities on stress management, integrating these skills into youth programs.

A **personalized web app** will offer young users tailored guidance and resources, creating a convenient support system that promotes resilience and mental well-being.



National surveys

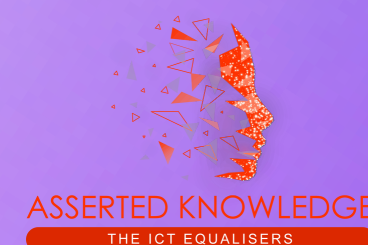
In each partner country, a survey was conducted to gather **insights into stress levels and the specific stress-related challenges** faced by young people.

This data will help us to enhance the development of **targeted resources** and support systems within the project, ensuring that the tools and strategies provided are relevant and effective in addressing the actual needs of young people.



EMERGE YOUTH

Unlocking Potential, One Breath at a Time



Co-funded by
the European Union

Project number: 2023-2-FR02-KA220-YOU-000175097