

Youth Advocacy for Mental Health: Create Leaders to Innovate and Break Stigma!

Program: Erasmus+. KA2 Capacity Building in the Field of Youth

Submission date: 08.03.2017

Deadline for partnerships: 20.02.2017

The Education, Audiovisual and Culture Executive Agency (EACEA) has announced a new Call for Proposals for Capacity Building projects under the Education, Training and Youth Programme Erasmus+. Capacity Building projects are transnational cooperation projects based on multilateral partnerships between organisations active in the field of youth.

Motivation behind the project:

One out of four people will develop a mental health problem at some point of life, according to the World Health Organisation. Mental ill health accounts for 20% of the burden of disease within the European Union. These figures represent an enormous toll of human ill health, with an estimated 83 million people being affected within the European Region and over 60 million people in India.

Majority of mental health illnesses develop early at adulthood between the ages of 16 and 25, therefore making it a significant problem among the youth. It is the lack of structure and qualitative mass dissemination of existing information and resources from the mental health sector to the society at large which is a hindrance, that this project aims to tackle.

Problems the project aims to address:

1. Lack of strong leadership within the health sector, that leads to poor advocacy of mental health within the comprehensive health and well-being sectors;
2. Lack of quality information available to masses leading to late interventions, poor treatments, self medicating and emerging false self diagnosis that pose further risk to health conditions;
3. Societal stigma and several cultural barriers associated to mental health issues leading to people deny mental health care for better living.

The project aligns with the European policies of education, training and youth focusing on strengthening cooperation between youth organizations working in the field of mental health in Europe and India, building capacities of young people and awareness regarding mental health, creating leaders among youth in all sections of society who struggle from mental health issues to lead sustainable, healthy and self-reliant lives. Also, creating and launching new forms of practical training schemes, simulation games and producing qualitative content on mental health available to masses and create information and awareness campaigns to break the stigma around mental health.

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Innovations/Interventions to be developed during the project:

- 1. Capacity Building Programmes for Strong Leadership** - the project commits to create a curriculum using non-formal learning methodologies to build capacities of youth suffering from mental illnesses, focusing on addressing urban and rural youth, newly arrived migrants/refugees.
- 2. Online Portal to Bridge Information Gap** - The project commits to create a comprehensive content on mental health and empowering experiences on a single platform online focusing on distributing qualitative information on mental health which is easily available and accessible to all.
- 3. Gaming to Raise Awareness** - The projects commits on creating an innovative board game using the gathered latest information based on local EU and India contexts along with unifying existing games for easy access on raising awareness of injustices within the mental health sector, to break stigma and begin the much needed dialogue of mental health.

Please note, the project is at its development stage and the information will be finalized before March 8th, 2017 with the approved projects partners!

Project Coordinator

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Action Agenda for Change 2020

For more information:

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