



FINAL NEWSLETTER

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BENEFIT Project: Final Newsletter

As the BENEFIT project draws to a close, we find ourselves filled with mixed emotions. It's bittersweet to say goodbye to something we've poured our hearts into, yet we couldn't be more delighted with the outcomes and the incredible journey we've shared. Through BENEFIT, we've had the privilege of supporting youth and youth workers on their paths toward enhanced well-being and resilience, and what a journey it has been!

Project Overview

BENEFIT has been a forward-thinking initiative designed to empower youth workers and youth to improve mental well-being and foster employability. By taking a participatory approach, the project developed tailored tools to help youth identify and overcome mental strains linked to the challenges of today's fast-paced world. Simultaneously, we provided youth workers with resources to offer informed mental-health support. All of this work culminated in an interactive eLearning environment, ensuring accessibility and ongoing impact.



At its core, BENEFIT sought to empower youth workers and young individuals to build resilience, enhance mental health, and support their inclusion in both the labor market and society. Resilience, as a critical life skill, enables individuals to recover from adversity and adapt efficiently to challenges. Research has shown that fostering resilience is directly linked to positive youth development, greater social adjustment, personal and professional success, and improved job opportunities.

Key Achievements

From the very beginning, BENEFIT focused on creating two primary resources: the Toolkit and the Training Package for Youth Workers. These achievements represent the heart of the project and reflect our commitment to empowering youth and youth workers.

The Toolkit was developed through extensive desk and field research conducted by each partner, mapping the current state of mental health and prevention measures in their respective countries. Focus groups with youth workers provided critical insights into their awareness and needs, ensuring the Toolkit was practical and relevant. By the end of 2023, consortium members successfully held workshops for both youth workers and youth, where the Toolkit's practical tools were introduced. These sessions enabled participants to work on their resilience, practice mindfulness, and enhance their mental health, demonstrating the Toolkit's real-world applicability and impact.



The Training Package for Youth Workers was designed to equip youth workers with essential knowledge about collaboration in addressing mental health challenges, existing resources, and techniques for building resilience. By blending theoretical foundations with practical exercises, the Training Package became a comprehensive resource to help youth workers educate and support young people effectively. To maximize its reach and gather valuable feedback, each partner

conducted workshops to introduce the Training Package, facilitate discussions, and engage participants in experiential learning.

The project culminated in final conferences held in each partner country to celebrate and share these achievements. Open to youth, youth workers, and all those invested in youth mental health, the events featured expert presentations, dynamic discussions, and meaningful networking opportunities. It was a fitting conclusion to the BENEFIT journey, showcasing the collective efforts and impact of everyone involved.

Our Legacy

The **Toolkit** and **Training Package** are the cornerstones of BENEFIT's success. Both resources are now available online, providing youth workers and young people with high-quality, accessible tools for strengthening resilience and mental well-being. We take immense pride in these outcomes and encourage everyone to explore and use them.



Final Words of Gratitude

We extend our heartfelt thanks to everyone who contributed to BENEFIT's success—the project partners, youth workers, young people, mental health experts, and all those who supported this initiative. Together, we've created something truly impactful that will continue to BENEFIT youth and youth workers alike.

Access our resources

e-LEARNING PLATFORM



TOOLKIT FOR YOUTH



(ADD THE LINKS AND QR CODES TO THE PLATFORM AND TOOLKIT IN YOUR LANGUAGE)

Stay informed

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www.facebook.com/benefiteuproject/

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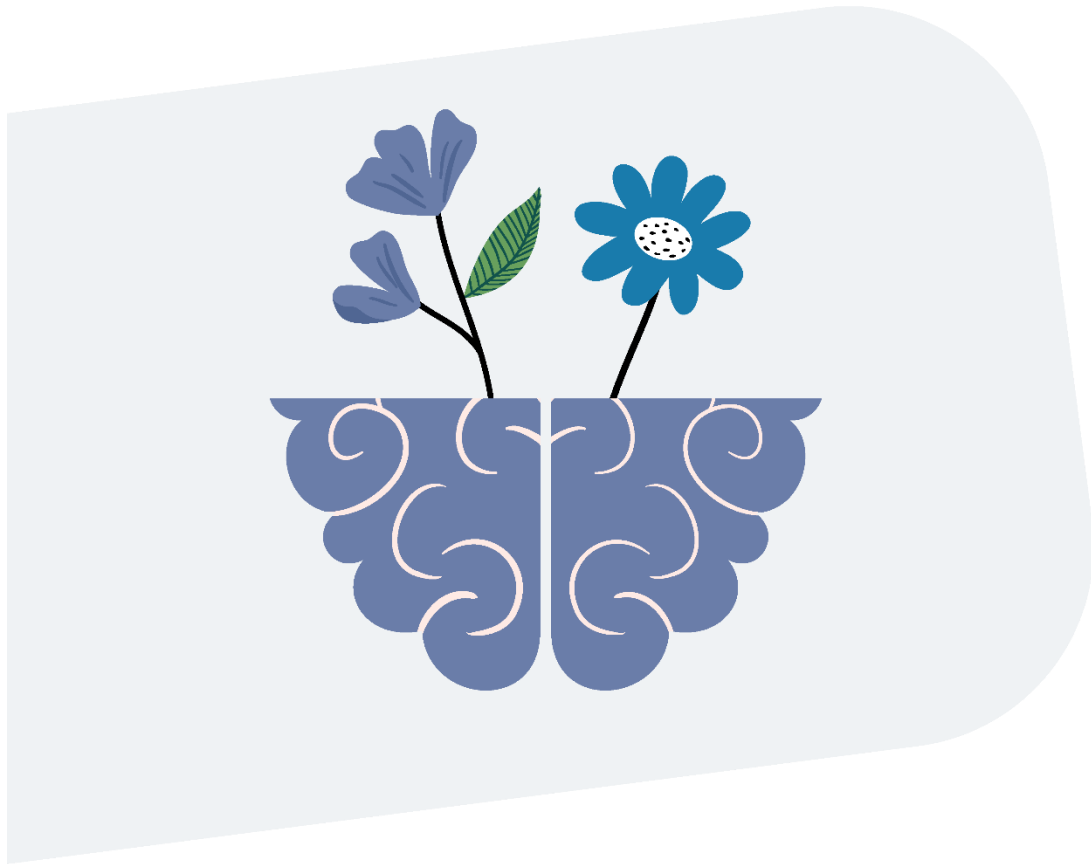
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Contact mail:

insert mail of the main project's coordinator



A cooperation between project partners:



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