

# **YOUTH+ AGAINST DEPRESSION! E-booklet on Mental Health**



**This e-booklet is a product of Erasmus+ youth exchange  
“YOUTH+ AGAINST DEPRESSION!” which  
took place in Estonia (Narva and Narva-Jõesuu) on  
September 23-30, 2016.**

**The project mission was  
to explore non-formal methods preventing mental health  
problems among youngsters.**

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## WHAT IS MENTAL HEALTH?

Mental Health affects all aspects of youngsters development including their cognitive abilities, their social skills as well as their emotional wellbeing.



## INSPIRATION

Many aspects of today's society can be bad news for the mental health of young people. As they develop, they face challenges and pressures in numerous aspects of their lives. In order to cope with them, youngsters need to have certain life skills developed for their future wellbeing.

## OBJECTIVES OF THE PROJECT

In the project we tried to provide youth with new skills/tools for prevention of mental health problems by means of non-formal methods. The following objectives were tried to be achieved: 1) to strengthen youth's knowledge of the significance of mental health; 2) develop youth's life skills such as *Communication Skills, Leadership Skills, Initiative, Creativity, Problem-solving Skills, Self-esteem* through exploring non-formal methods; 3) provide them with means to share this knowledge with others. The project also was aimed to help the participants be active being involved in a multi-cultural collaboration.

# PARTICIPANTS



27 young people coming from 3 different countries (Estonia, Croatia, Slovakia) gathered to discuss the mental health problems youngsters face in each partner country and searched for non-formal methods to prevent them. The participants were 15-19-year-old students of secondary schools.

**APV to Narva Kesklinna gümnaasium. Estonia.  
August, 2016**



**Youth Exchange, Narva-Jõesuu, Estonia**



**Croatia.**



**Slovakia.**



## **E—BOOKLET**

**The main intention of this e-booklet is to represent non-formal methods preventing mental health problems among youngsters in Europe. You will find some good examples of how to foster Communication Skills, Leadership Skills, Initiative, Creativity, Problem-solving Skills and Self-esteem.**

# INTRODUCTION TO THE TOPIC OF MENTAL HEALTH PROBLEMS

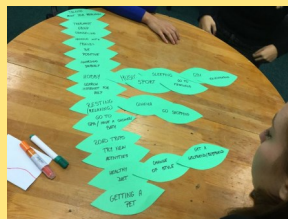
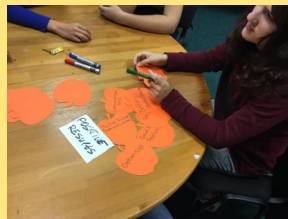
## The World Cafe + The Mental Health Tree

**Objectives:** to explore the problem of mental health, its causes, effects and solutions with their possible positive results.

**Tools:** a tree painted on a huge piece of wallpaper in advance, cards for causes, effects and solutions with their possible positive results to be put on four tables; markers

**Task:** the participants are divided into 4 groups, move from a table to table writing down all possible causes, effects and solutions of mental health problems with their positive results, and, finally, stick them on the tree.

**Time:** 60 min



# NON—FORMAL METHODS DEVELOPING *LEADERSHIP SKILLS AND INITIATIVE* (FROM SLOVAKIA by Alexandra Morvayova )



## Sharks

**Objectives:** to encourage people to show their natural leadership skills in a real challenging situation; teamwork, empowering group dynamics

**Tools:** stable chairs (the number depends on the size of the room, usually 15), some pipes/sticks as tools for moving chairs

**Target group:** every group without disabilities

**Time:** 30 min

**Task:** - all of the participants are at 1 side of the room, in a common place, the Island, and their goal is to move to another Island facing following obstacles and instructions

-participants can stand only on the Island or on the chairs, if they step on the ground, they „die“

-chairs are placed all over the room, not too close to each other

- participants can use the pipe to move the chairs or call the mermaid to help them

-mermaid can not to touch the chair, only can carry the participant on her back for the short distant few times during the game

-there are sharks which are watching if participants do not step on the ground and if so, they can kill the participant

-all of the participants should move to the Island

-during the game, we observe the bahaviour of participants

-after the end of the game, we name the people who have shown the best leadership skills, we talk about concrete examples of leadership during the game



# Mission Impossible

**Objectiv:** to show the connection between leadership and responsibility, teamwork

**Tools:** flipchart, markers

**Target group:** any

**Division:** as leaders, we can use the ones with most leadership skills from the SHARK activity and they choose their own team members (cca 4) among other participants

**Time:** 30-40 min for a task and 20 for a presentation

**Task:** 1.) make up the original name for your team

2.) write a song using given words (words should have a connection with a topic)

3.) make a crazy selfie

4.) build the tallest human tower

5.) draw something what represents your team

6.) make a useful invention

7.) bring the things whose names start with a particular letter (S-sandals, sunglasses etc.)

8.) write where you see yourself in 10 yeras

9.) write thank you in as many languages as you can

-tasks can be changed

-it is good to be strict with the time

-after the presentation, the best, most creative or most hard-working group can win a gift

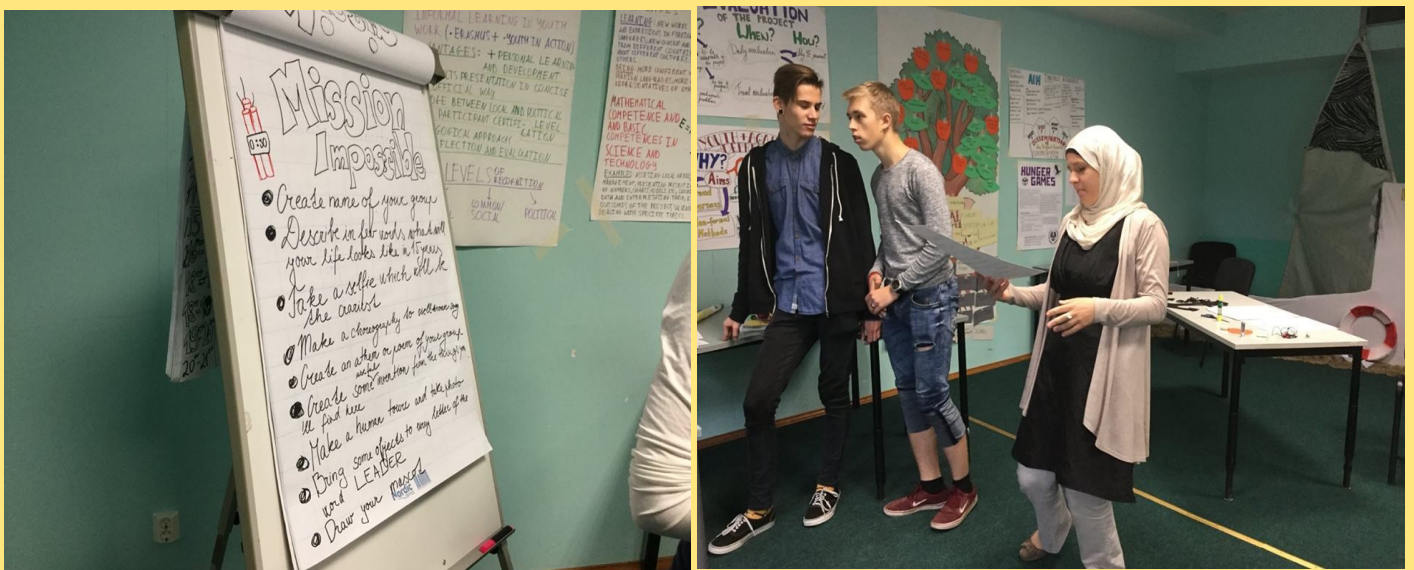
-the game is followed up with a discussion

-use the following questions: How did you feel as a leader? Do you think you were more stressed as you would be just as a team member? Did you feel under the pressure?...etc.

-ask the team members: Did you feel good working under someone? Was it more individual or a teamwork? Did you say your suggestions to the leader?

-discuss the differences boss vs. leader

-as a conclusion, draw a leader and write which qualities he/she should have and how he/she should treat team members





## Me as a Leader

**Objectiv:** to see and understand own qualities and obstacles to become a good leader

**Tools:** closable box, little mirror which can fit in the box

**Target group:** any

**Time:** 30 min, depends on the number of participants

**Task:** -all the participants sit together in a circle

-the facilitator opens a box the way nobody else can see what is inside

-the facilitator says that inside there is a person with strong leadership skills, he/she passes the box and encourages the others to say what they think about this person, if he is a good leader etc.



# Flower of Power

**Objectives:** to get to know the privileges and encourage people to take initiative, raise awareness about social justice

**Tools:** flipchart, marker

**Target group:** any (Works best with marginalized groups)

**Time:** 40 min

**Task:** -together with the group, fulfill the inner part of the flower with conditions (Race, sexual orientation etc.).

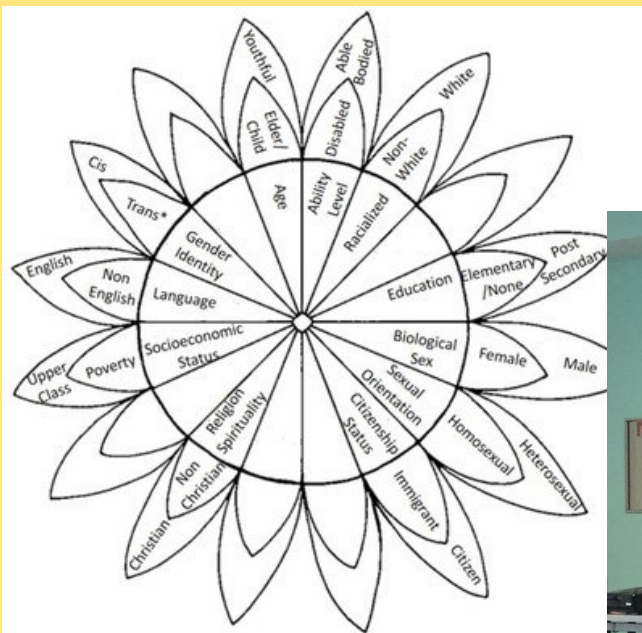
- In the small petals, write a marginalized, less-fortunated, often discriminated form (black, lesbian etc.)

-in the big petals, write the dominant form of this condition, identity (white, heterosexual etc.)

-all participants think about their own life and how privileged they are, facilitator encourages them to share

-as a group, think about how you treat people from marginalized groups, talk about the prejudices and how inclusive the society is in participating countries

-try to come up with the solutions how to help these people



# Imaginary NGO

**Objectives:** encourage people to take initiative, teamwork, presentation skills, responsibility

**Tools:** flipcharts, markers

**Time:** 40 min plus 20 min for group presentations

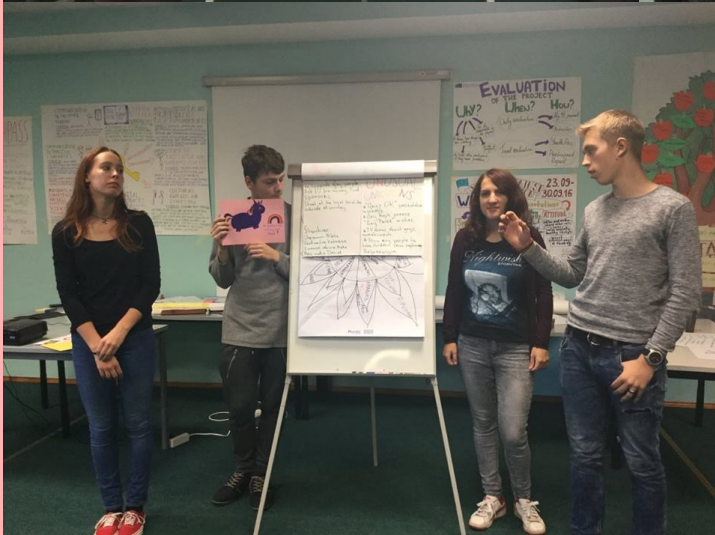
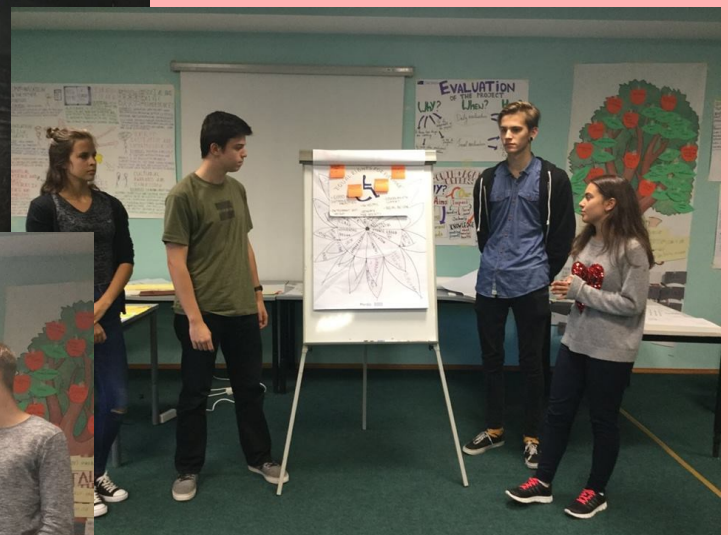
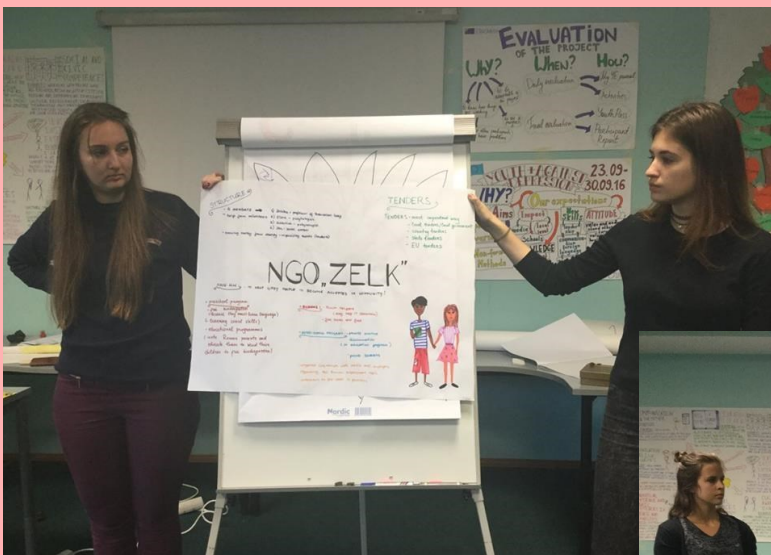
**Division:** participants work in a group of approx. 5 people, it is very useful when in each group there is someone with experience of work for a NGO

**Task:** -every team chooses 1 marginalised group

-each team tries to build up a complete plan for NGO, including concrete actions, activities, funding, structure, etc.

-teams write the main points on a flipchart and present their work

-every team gets a relevant feedback from a facilitator and other participants



# NON—FORMAL METHODS DEVELOPING *PROBLEM—SOLVING SKILLS AND CREATIVITY* (FROM ESTONIA by Olga Lutška )



## Create a Solution

**Objectives:** to encourage people to find the best ways to solve problems youngsters face today; teamwork, creativity, presentation skills, responsibility

**Tools:** cards with problems youngsters face today (obesity, loneliness, parents' divorce, etc.), markers

**Time:** 60 min for group discussions and a preparation for a short performance plus 20 min for group presentations

**Division:** participants work in a group of approx. 5 people

### **Task:**

- groups discuss and find the best ways to solve the problem they have on the paper
- groups make presentations of the problem and its solution in a creative way through drama, a song, dance, pantomime, sketch, etc.
- other groups guess the problem presented and suggest their ways to solve it



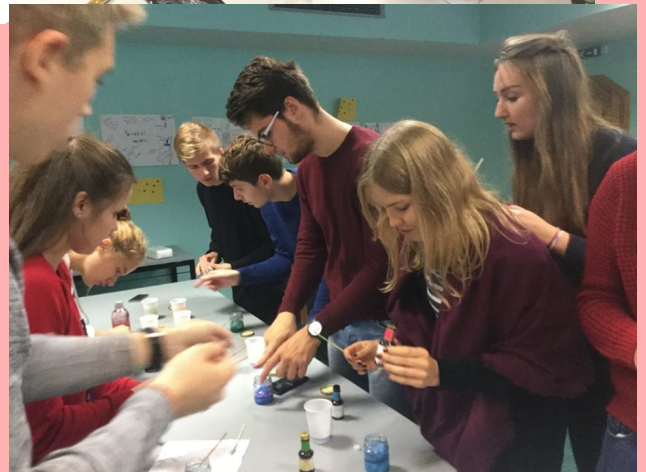
# Galaxy Antistress Jars Workshop

**Objectives:** develop creativity, relax, lower stress

**Tools:** glass jars for everybody, craft glitter, fabric/food paint, cotton wool, water

**Time:** 60 min

**Instructions** <http://www.instructables.com/id/How-to-Make-a-Galaxy-Bottle/>





***Art*** is very helpful for mental health! Activities like painting and drawing are relaxing and rewarding hobbies that can lower your stress levels and leave you feeling mentally clear and calm. Creating art provides a distraction, giving your brain a break from your usual thoughts.

***“Art washes from the soul the dust of everyday life,”*** —  
**Pablo Picasso**

# Body Art Workshop

**Objectives:** develop creativity, relax, lower stress, be able to live through and cope with negative and positive emotions

**Tools:** body paints, chairs

**Time:** 60 min

**Task:** participants are divided into pairs and sit opposite each other; they are asked to look into each other's eyes and try to live through the worst moment they have ever had in their life ; they express/draw happiness on each other's faces/hands



# Impressionism Workshop “IMPRESSIONS OF HAPPINESS”

**Impressionism is considered to be the art of happiness which especially helps to express human emotions.**



**Objectives:** develop creativity, relax, lower stress, be able to live through positive emotions (happiness) and express them on paper; acquire basic techniques of impressionist painting

**Tools:** acrylic paints, brushes, any surface you want, art teacher/ professional artist :)

**Time:** 60 min

**Task:** participants are taught basic techniques of impressionist painting and are asked to use them and express their emotions/happiness on paper.



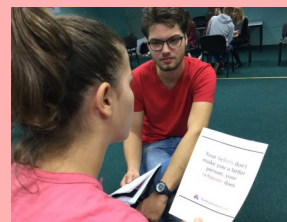
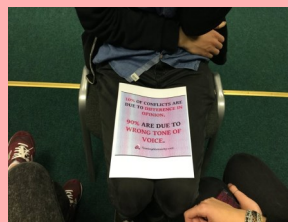
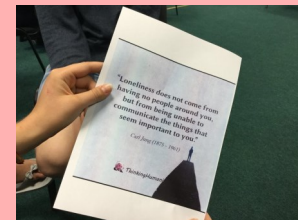
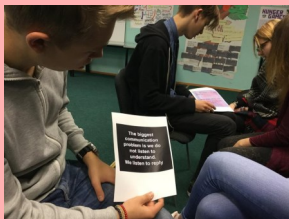
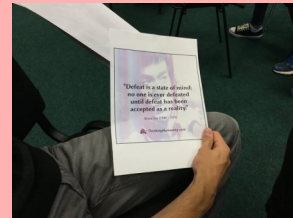
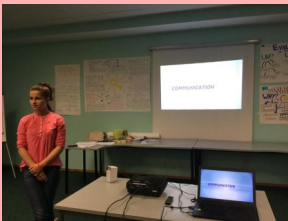


# NON—FORMAL METHODS DEVELOPING *COMMUNICATION SKILLS AND SELF—ESTEEM* (FROM CROATIA by Zrinka Hafizović )



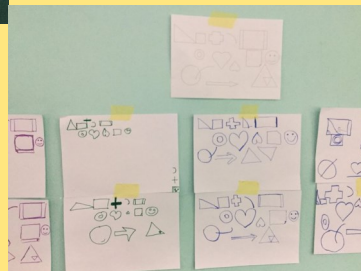
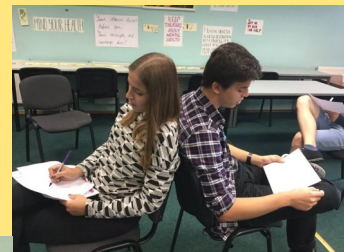
## The Inspirational Quote

All participants are divided into groups of two/three, given a piece of paper with an Inspirational Quote on the topic of communication to be discussed and interpreted in front of other participants.



## Draw What I Say!

The non-formal learning workshop was held in a way to divide all members into pairs. The aim was to show to all participants that good communication is very important in accomplishing tasks. In each pair two persons were sitting with backs turned to each other without turning. One person has a paper with a drawing and the other person is trying to draw similar drawing only by instructions received by the first person, without asking questions. After ten minutes the person who is drawing gets a new paper and the same procedure for drawing but this time he/she is permitted to ask questions. Afterwards, having compared the first and the second drawing, it is obvious that because of the mutual (and not one-way) communication, the second one turned out much better.



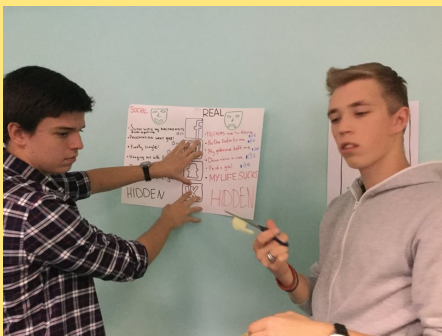
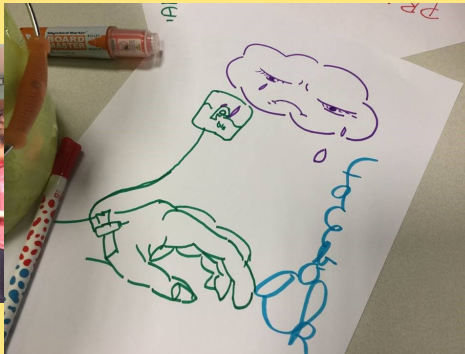
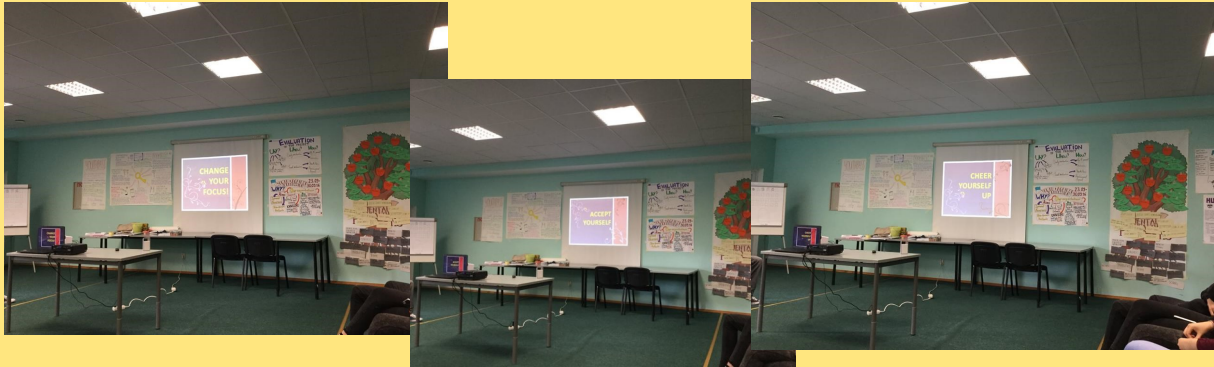
## The Blind, the Deaf, the Mute

The second non-formal learning workshop regarding the communication was held in a way that three persons were sitting at the table which was in the center of the circle made by other participants. Each person from the center got a role to play: one was blind, one was deaf, one was mute. They got a task: without writing they must agree and accomplish their joint decision where they all will go for a holiday, how they will come there, what they will do there and how long they will stay. Afterwards, active participants shared their impressions and explained how they had felt while performing (Do they maybe sometimes in a real life feel like no one hears them, sees them?, What means of communication did they use?). Passive participants also explained their impressions.



## False Social Media

This non-formal workshop about the influence of social media on one's self-esteem was held in a way that all participants were divided into five groups. Firstly, a two-minutes video about a false personal image on social media was watched. Then every group made their drawing expressing their impressions about the video. After being explained by their authors, drawings were graded by all participants.



## Non—verbal Fairytales. Easy!/?

Non-formal learning workshop focused to possibilities of using nonverbal communication methods was held in a way that all participants were divided into four groups. Each group got a task to choose one famous fairytale and in 15 minutes to agree upon scenario for showing it only by pantomime. Afterwards, all groups explained how did they feel while presenting the fairytale without words.



## CONCLUSION

The e-booklet was created by Olga Lutška (Narva Kesklinna gümnaasium, Estonia), Zrinka Hafizović (Grad Sisak, Croatia) and Alexandra Morvayova (SYTEV, Slovakia) - youth leaders of the youth exchange **YOUTH+ AGAINST DEPRESSION!** taken place in Estonia, Narva.  
September 23—30, 2016

We hope that these materials will inspire you for further similar actions and help you make a project on the topic of mental health on your own.

## MENTAL HEALTH MATTERS



**GOOD LUCK!**