



& WELL-BEING MENTAL HEALTH



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PROMOTING THE WELL-BEING AND MENTAL HEALTH OF YOUTH FOR THE COMMUNITY



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COMMISSION INITIATIVES



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TOOLKIT

THE AIM OF THIS DOCUMENT IS TO GATHER SOME THEORETICAL SUPPORT, AS WELL AS SOME PRACTICAL EXAMPLES OF PROJECTS/INITIATIVES THAT LOCAL BRANCHES CAN TAKE TO INTERVENE, PROMOTING WELL BEING AND MENTAL HEALTH.



MANUAL OF GOOD PRACTICES TO PROMOTE WELLBEING AND MENTAL HEALTH

THIS MANUAL IS WRITTEN TO BETTER RESPOND TO INTERNAL NEEDS,
GATHERING STRATEGIES TO PROMOTE THE WELL BEING INSIDE THE
PORTUGUESE RED CROSS TEAMS.



PSYCHOLOGICAL FIRST AID COURSE FOR YOUTH PEERS

THIS COURSE HAS THE GOAL TO CAPACITATE THE YOUTH AGENTS TO INTERVENE IN CRISIS SITUATIONS, AS WELL AS ON IDENTIFYING OTHERS REACTIONS AND TO PROMOTE SELF CARE STRATEGIES.



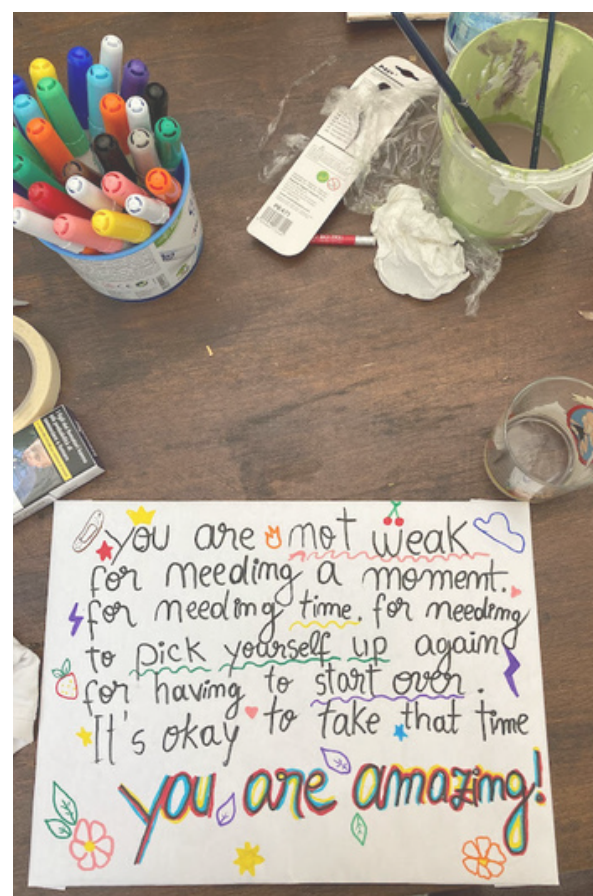
REFUGIALIDADOS GAME

REFLECTION ABOUT THE DIFFICULTIES LIVED BY OUR REFUGEES AND MIGRANTS. IT ALSO SEEKS TO CHANGE THE PRESENT PERCEPTION OF THE SOCIETY ABOUT THESE POPULATIONS, SENSITIZING FOR THE ADVERSITIES THAT EACH ONE OF THESE PEOPLE FACES WHEN THEY FIND THEMSELVES IN THE SITUATION OF HAVING TO LEAVE THEIR OWN COUNTRIES.



INTERNATIONAL MENTAL HEALTH DAY

SILENT FLASHMOB





NATIONAL INITIATIVES



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HUMANITARIAN TALKS

ONLINE MEETINGS WHERE YOUTH TALK ABOUT
WHATEVER THEY NEED, WHATEVER THEY FELT THEY
WANT TO SHARE, CREATING A SAFE ENVIRONMENT OF
SHARING AND SUPPORT BY PEERS.





LINE OF PSYCHOSOCIAL SUPPORT

BREAKING SOME MYTHS ABOUT COVID, FORWARD TO OTHER SOCIAL SERVICES, AND SOCIAL AND PROFESSIONAL PSYCHOLOGICAL SUPPORT (MOST OF THE TEAMS WERE COUNTING WITH A PSYCHOLOGIST).



“GERAÇÃO PELA INCLUSÃO” PROJECT

PROMOTE TALKS, NON-FORMAL DISCUSSIONS AND LUDIC GAMES, IMPROVING THE WELLBEING AND MENTAL HEALTH OF THE ELDERY PEOPLE.

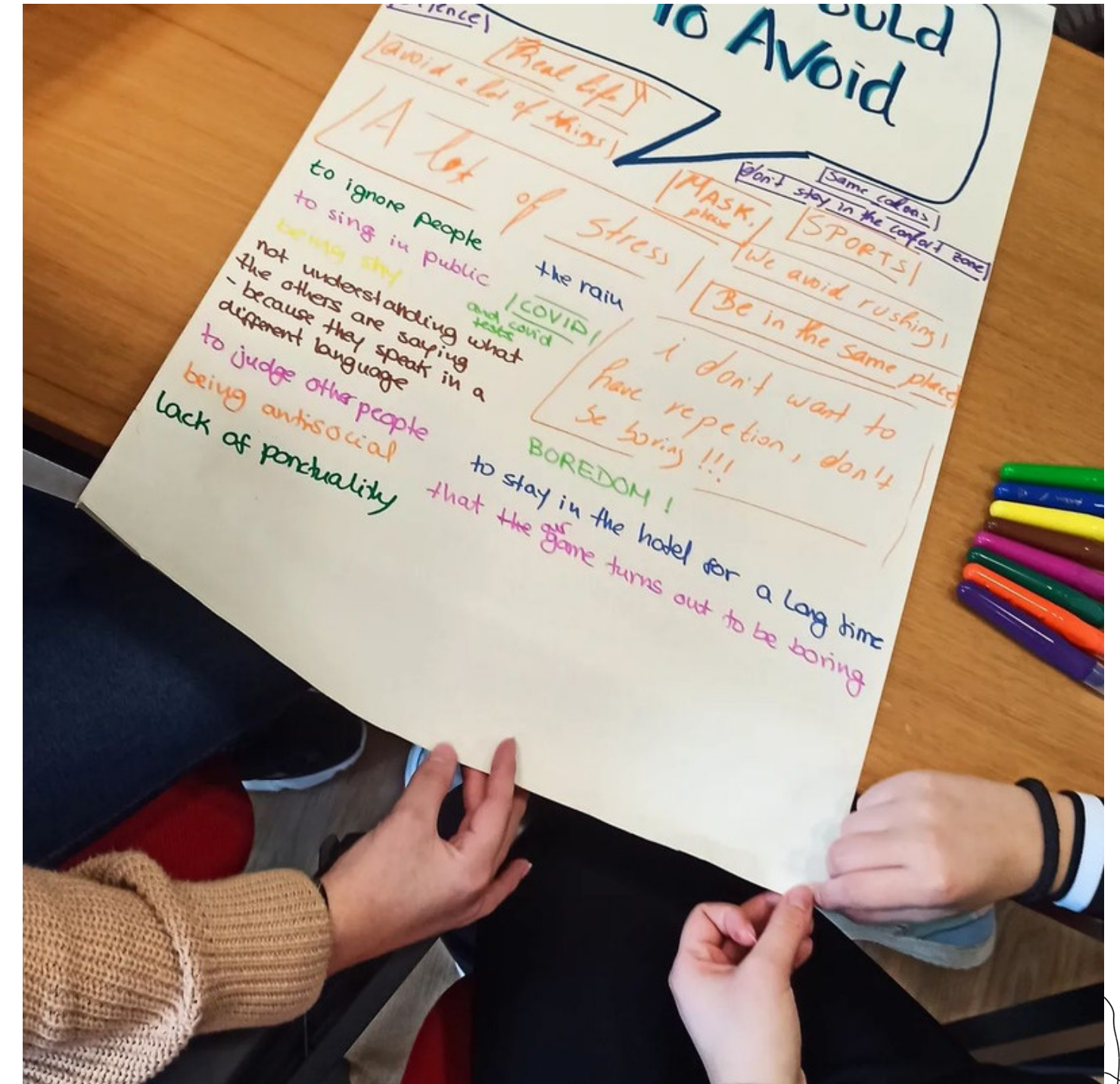




"PLAY WITH YOUR FUTURE" GAME

THE PLAYER IS INVITED TO INCREASE THE AWARENESS ABOUT THEMSELVES AND MOSTLY ABOUT THEIR WELLBEING, CREATING THE UNDERSTANDING THAT TO MOVE ON AND TO BE ABLE TO DO SOMETHING FOR OTHERS, THE PLAYER SHOULD BE WELL AND SECURE ABOUT THEMSELVES FIRST.





LOCAL INITIATIVE - CONVIVER PROJECT

VOLUNTEERS FELT THE NEED OF JUST BEING TOGETHER,
LEARNING TOGETHER AND IMPROVING THEIR INTERPERSONAL
RELATIONSHIPS, AS WELL AS SHARING SELF CARE STRATEGIES.







CONCLUSION



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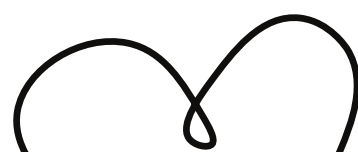
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THANK YOU!

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