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EMERGE YOUTH

Unlocking Potential, One Breath at a Time

Empowering the Next Generation of Entrepreneurs through Stress Management Education in Youth

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World Mental Health Day: Empowering Young Voices Through the EMERGE Youth Project

Every year on **October 10th**, the world comes together to mark World Mental Health Day, a time to reflect on the importance of mental wellbeing and to break down the stigma surrounding mental health challenges. The 2025 campaign focuses on “Mental Health in Humanitarian Emergencies”, which highlights the need for accessible support, open conversations, and safe spaces for everyone – especially young people navigating a rapidly changing world.

Why This Day Matters

Mental health issues affect people of all ages, but young people often face unique pressures. Many young people battle silently with academic stress, family expectations, social media comparisons, and uncertainty about their future. Without the appropriate support structures, these difficulties can have an influence on their self-esteem, relationships, and long-term wellbeing.
World Mental Health Day is more than just raising awareness; it’s also about taking action. It is ensuring that young people understand they are not alone, and that there are resources and assistance readily available to help them to succeed.

EMERGE Youth Project

That is where initiatives like the Erasmus+-funded project ‘**Empowering the Next Generation of Entrepreneurs through Stress Management Education [EMERGE] in Youth’** play a vital role. EMERGE Youth is designed to give young people a safe space to express themselves, build resilience, and connect with others who understand their struggles through the development of specialised stress management techniques for young people across Europe. These will enhance youths' stress management skills, which will be fundamental for the future of their mental health, professional careers, and overall wellbeing.
By linking global awareness days like World Mental Health Day with grassroots initiatives such as EMERGE Youth, we can bridge the gap between awareness and real change.

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EMERGE Youth Project Developments

The key undertakings of this project are divided into work packages; each focused on specific activities and targets to develop stress management-related resources. There are three work packages (WPs), each with distinct goals:

WP 1 Project Management
WP 2 Stress Management EduPack
WP 3 EMERGE Web App and Educators Guide

These work packages will collectively contribute to the project's aim of providing youths with comprehensive stress management support and education.

WP3 is currently underway with the WebApp in development to provide young people with practical tools to manage stress and strengthen their mental wellbeing.
The platform will:

- Offer **guided activities** to help youth manage stress in healthy, practical ways.
- Include **interactive exercises** such as breathing techniques, journaling prompts, and creative challenges.
- Feature **case studies** highlighting real-life examples of stress management from entrepreneurs working across various career sectors including food, technology, fitness, and education. These provide insights into how they successfully overcame stress in their professional journeys.
- Encourage **reflection and progress tracking** so young people can see their growth over time.

By blending technology with community support, the WebApp aims to be an accessible, engaging, and stigma-free resource for young people who might otherwise struggle to reach out for help.

Call to Action

On this World Mental Health Day, let’s not only raise awareness but also amplify the voices of young people. Join us in supporting projects like EMERGE Youth that invest in youth mental health, create safe spaces for dialogue, and build innovative tools like the WebApp to equip the next generation with lifelong resilience. When young people are given the tools to emerge stronger, more resilient, and more connected, the entire community benefits.

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