NEWSLETTER 2

May 2025

About Our Project

The Emerge Youth project is a Europe-wide initiative funded by the EU that focuses on **helping young people build resilience** and learn effective coping strategies, especially for managing stress.
Through collaboration with **partner organisations across Europe**, the project tackles the growing mental health challenges affecting today's youth.
Visit our website for more information:

https://emergeyouth.erasmusplus.website





Partner Meeting in Athens

The 2nd partner meeting for the project was held in **Athens, Greece in April 2025**, bringing together representatives from all partner organisations to review progress, share insights, and plan the next phase of activities.

EMERGE YOUTH
Unlocking Potential, One Breath at a Time

Co-funded by the European Union

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Release of the Collection of Stress Management Practices



This resource is designed to empower young people and enhance their mental health.
Discover **innovative tools and initiatives from across Europe** designed to help youth navigate stress and build resilience. This collection showcases impactful approaches like mental health apps, engaging podcasts, supportive social media campaigns, dedicated charities, community programs, and much more.
Stay tuned for the release of this resource, **available in English, French, Greek, Czech, and Hungarian**, and get ready to empower the young people in your network to prioritize their well-being and lead balanced lives!



EduPack and WebApp

Project partners are currently working on the development of an **EduPack**, which will feature 5 modules focused on key stress management topics.
The modules will be available through our WebApp which will also include a comprehensive **collection of 60 engaging stress management activities** designed for youth, suitable for both group and individual participation.



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