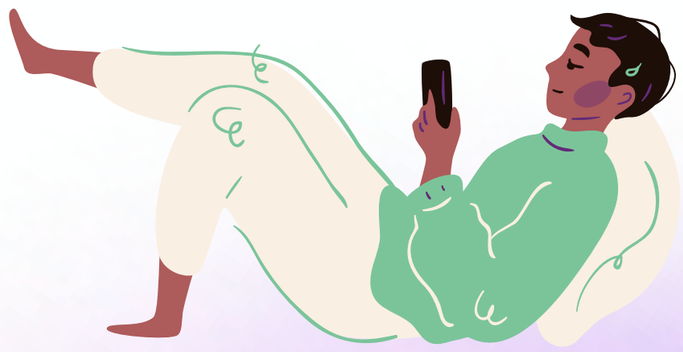
INFOGRAPHIC 3

Collection of stress management practices

Why a collection? To **highlight essential resources and strategies** to help young people manage stress and enhance their mental health. We showcase tools like **mental health apps, community programs, and workplace initiatives** to empowers youth to prioritize well-being and lead balanced lives.



The Collection will be available **in 5 languages (English, French, Greek, Czech, and Hungarian.)**



You will learn about innovative mental health resources across Europe, such as:

- a multilingual app in the **Czech Republic** for anxiety relief
- engaging mental health podcasts from **Cyprus**
- stress management-focused social media accounts in **France**
- the charity Lust for Life in **Ireland**
- the Thalpos Mental Health Workers' Day Center in **Greece**
- the Mental Focus Self-Awareness Card Game in **Hungary**

And much more!



EMERGE YOUTH

Unlocking Potential, One Breath at a Time

Co-funded by the European Union

The EMERGE Youth project seeks to tackle stress-related challenges by empowering young Europeans with vital stress management skills to navigate difficulties and thrive in their future careers.

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

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#EmergeYouth