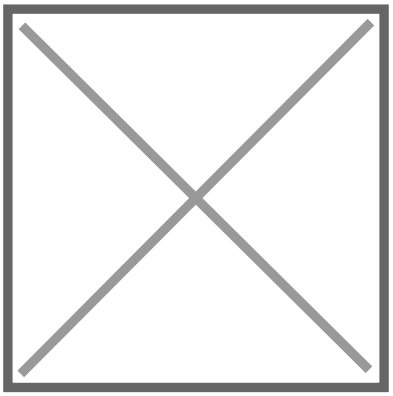

Mental health resource Padlet

Description

What challenge inspired this recipe?

Many volunteers are facing mental health struggles during their ESC volunteering project. The Padlet presents different resources, exercises, information etc. on various mental health issues and support options.

â?•ï¸•**Grenzenlos**

Ingredients :

Resources to collect all the info, to check it regularly and keep it up to date

Resources to explain the information to volunteers at project start and to remind them of it from time to time, so they have the information on where to find support themselves, if they do not want to get the organizations or their mentors involved for any reason

Step by step guide

- Collecting different resources related to different (most common) mental health issues, specifically among youngsters and our ESC participants.

Here is an example: https://padlet.com/LOGOjugendmanagement/how-are-you-vns59zmozo197tbd