

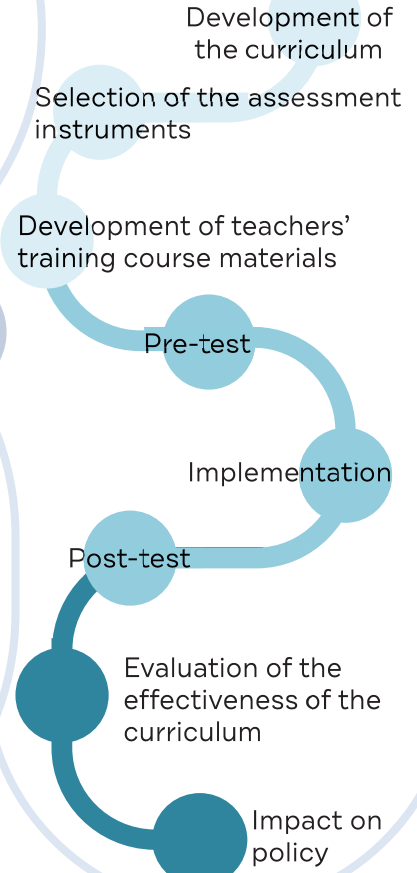


MENTAL HEALTH PROMOTION AS A GLOBAL EMERGENCY

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, cope with the normal stresses of life, work productively and fruitfully, and is able to make a contribution to her or his community (WHO, 2014). Mental health problems among children have been increasing over the past decades. 20% of school children experience mental health difficulties. Schools are an ideal setting in which to promote mental health for children and youth, providing an opportunity to reach large groups of children during their formative years of cognitive, emotional and behavioural development



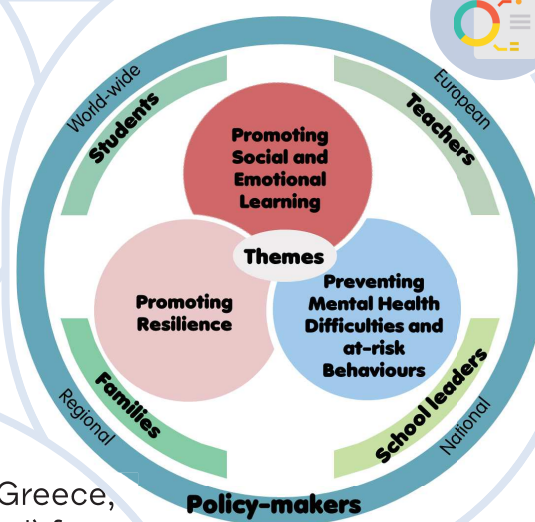
TIMELINE



AIMS

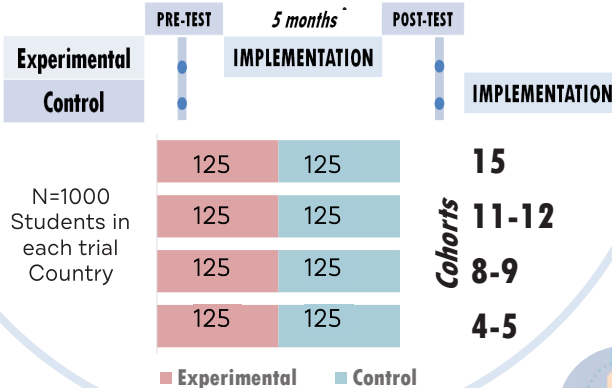
Policy: to promote innovative policy to support mental health in schools
Research: to develop a successful evidence-based curriculum on mental health promotion in schools assessing its effectiveness through large scale field trials.

FRAMEWORK



RESEARCH DESIGN

6 Trial Countries (Croatia, Greece, Italy, Latvia, Romania, Portugal) for a total of 6000 students with their own teachers will be involved. Teachers will be trained for 25 hours to implement the curriculum in their own schools. Evidence of the effectiveness will be collected using measures on students' and teachers' mental health



EXPECTED OUTCOMES

Students	Teachers
SEL Resilience	SEL Resilience
Positive attitude toward school	Positive attitude toward school
Motivation	Motivation
Student-teacher relationship	Student-teacher relationship
Achievement	Work satisfaction
Internalizing problems	Mental health difficulties
Externalizing problems	Stress
At risk behaviours	Burn out

