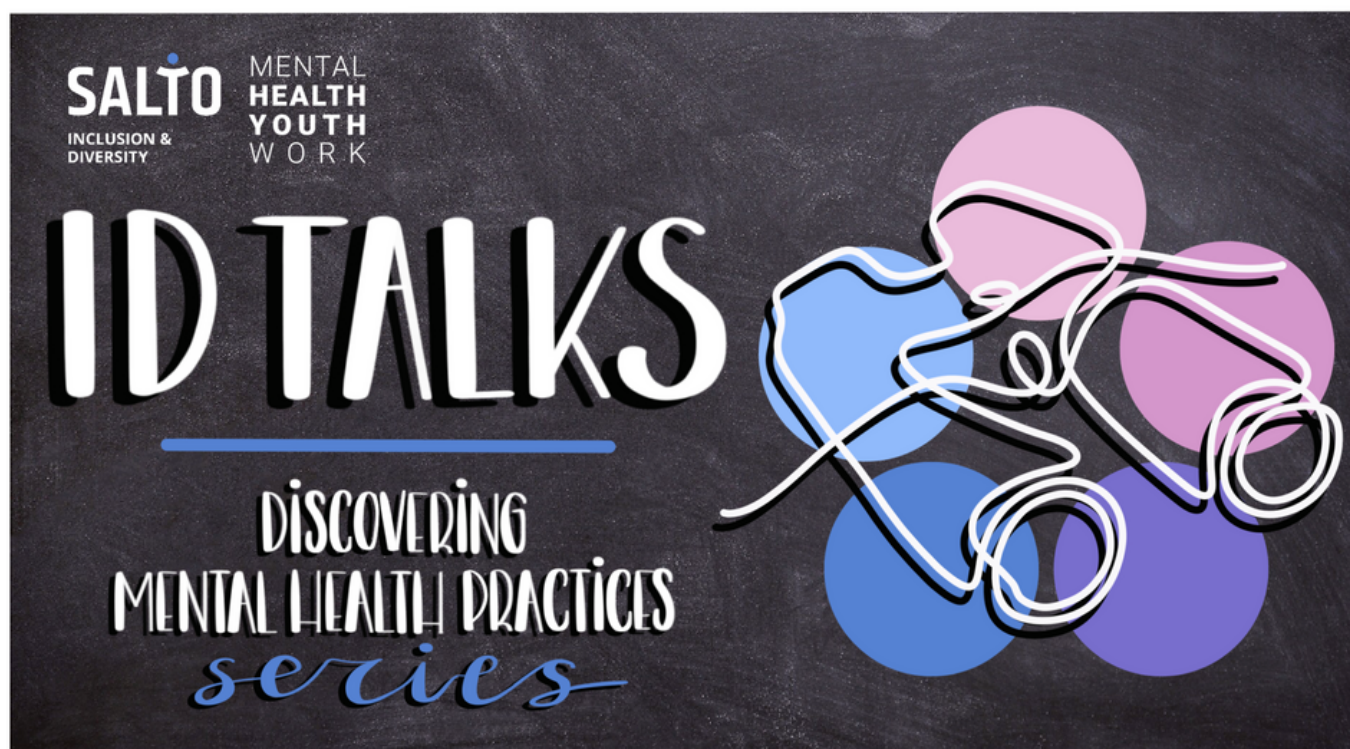


ID TALKS!

*A series of 5 online workshops on 5 major topics in the promotion of "Year on Mental Health".
The autumn edition is under the motto "Discovering Mental Health Practices"*



ID Talks:

PARTICIPATION AND MENTAL HEALTH
MOVEMENT AND MENTAL HEALTH
PEERS AND MENTAL HEALTH
ART-STORY AND MENTAL HEALTH
SOLUTIONS AND MENTAL HEALTH

Download this and other SALTO Inclusion & Diversity booklets for free at www.SALTO-YOUTH.net/Inclusion/. This document does not necessarily reflect the official views of the European Commission, the SALTO Inclusion & Diversity Resource Centre or the organisation co-operating with them.



EUROPEAN
SOLIDARITY
CORPS



Erasmus+

ABOUT SALTO

...‘Support and **A**dvanced **L**earning and **T**raining **O**pportunities within the Erasmus+: Youth in Action and European Solidarity Corps programmes’. The European Commission has created a network of seven SALTO-YOUTH Resource Centres to enhance the implementation of the EU Erasmus+: Youth in Action and European Solidarity Corps programmes, which provide young people with valuable non-formal learning experiences.

SALTO’s aim is to support the implementation of the European Erasmus+: Youth in Action and European Solidarity Corps Programmes with regard to priorities such as Social Inclusion, Diversity, Participation, and Solidarity. SALTO also supports co-operation with regions such as EuroMed, South-East Europe, or Eastern Europe and The Caucasus and coordinates all training and co-operation activities, as well as information tools for National Agencies.

In these European priority areas, SALTO-YOUTH provides resources, information, and training for National Agencies and European youth workers. Most of these resources are offered and disseminated at www.SALTO-YOUTH.net. Find online the [European Training Calendar](#), the [Toolbox for Training and Youth Work](#), the database of youth field trainers active at the European level ([Trainers Online for Youth or TOY](#)), links to online resources, and much more.

SALTO-YOUTH actively co-operates with other actors in the European youth field, among them the National Agencies of the Erasmus+ and European Solidarity Corps programmes, the Council of Europe, the European Youth Forum, European youth workers and trainers, and training organisers.

THE SALTO-YOUTH INCLUSION AND DIVERSITY RESOURCE CENTRE WWW.SALTO-YOUTH.NET/INCLUSION/

The SALTO-YOUTH Inclusion and Diversity Resource Centre (based in Belgium Flanders) works together with the European Commission to support the inclusion of young people with fewer opportunities in the Erasmus+: Youth in Action and European Solidarity Corps programmes. Through that, it works to contribute to social cohesion in society at large. SALTO Inclusion and Diversity also supports the National Agencies and youth workers in their inclusion work by providing training, developing youth work methods, disseminating information via the newsletter, etc. By offering opportunities for training, exchange, and reflection on inclusion practice and diversity management, SALTO Inclusion & Diversity works towards the visibility, accessibility, and transparency of its inclusion & diversity work and resources, and towards making ‘inclusion of young people with fewer opportunities’ and ‘positive diversity management’ a widely supported priority.

For more information and resources, have a look at the Inclusion & Diversity pages at www.SALTO-YOUTH.net/Inclusion/



DISCLAIMER

This magazine contains pictures as a result of the Graphic Recording which is an integral part of all the ID Talks events. There are four types of styles throughout the whole magazine.

- **General Cover Picture.** It is used for promotional reasons throughout the social media channels and the dissemination materials and it depicts the logo of SALTO Inclusion & Diversity, the title, and the graphic elements of each version of the ID Talks events. It is displayed as a cover picture of each ID Talks version.
- **Portrait of Speaker.** It depicts each speaker and a few graphic recording elements such as written parts of their "speech" and/or any other graphics according to the style of each ID Talks version. It is displayed on top of the speaker's description page.
- **Main Graphic Recording Card.** It is used for promotional reasons throughout the social media channels and the dissemination materials and it depicts the logo of SALTO Inclusion & Diversity, the title, and the graphic elements of each version of the ID Talks events, including the specific name of the event, the portrait of the speaker, written quotes of their "speech" and/or any other graphics. It is displayed on top of the first page of each article.
- **Graphic Recording Elements.** Throughout each article, the graphic recording elements complement the text with essential parts of each speaker's "talk".



I & D Talks

“Discovering Mental Health Practices”

What is it all about?

ID Talks is a series of 5 stand-alone online events (workshops) of up to 90 minutes each, with inspiring guest speakers, thought-provoking insights, discussion in small groups, and Q&A sessions.

Mental health represents an integral part of an individual's capacity to think, emote, interact with others, earn a living and enjoy life. Consequently, mental health underpins the core human values of independent thought and action, happiness, and friendship. Mental health and well-being are put at risk by a wide range of factors spanning individual, social, and environmental levels, including poverty and deprivation; debt and unemployment; and violence and conflict.”

- WHO, European Framework for Action on Mental Health 2021–2025

SALTO Inclusion & Diversity Resources Centre and the Mental Health in Youth Work project jointly announce 2023 as “ID Talks: Year on Mental Health”, with the spring 2023 edition under the motto “Understanding Mental Health” and the autumn 2023 edition under the motto “Discovering Mental Health Practices”.

For whom?

Youth workers, youth leaders, professionals, and volunteers involved in ID in the EU youth programmes, as well as all those interested in youth work and Inclusion & Diversity topics.

Main objectives:

- To provide food for thought and learn from inspirational ID stories;
- To provide an opportunity to learn about ID topics from the youth work sector and beyond;
- To get information, inspiration, and methods to help the youth sector address ID;
- To inform about and contribute to quality (international) youth work;
- To identify and learn how to tackle existing and future challenges within ID;



Event Dates:

- 13 September (13h CET) > **ID Talks: Participation and Mental Health** - How can you address young people's mental health and well-being through participatory and democratic approaches? Having a role and being part of something bigger is good for your well-being. But how do you increase transparency about mental health and mental illness prevention at the municipal level? Join us to discover a few simple yet effective solutions that have the potential to inspire policy change. Guest speaker: **Martine Antonsen, Mental Health Youth, Norway**
- 27 September (13h CET) > **ID Talks: Movement and Mental Health** - Can physical leisure-time activities help young people take care of their body and mind? Movement and dance have clear benefits for your mental health and well-being. So how can youth workers incorporate movement and dance in their daily work or in their international projects? Let's walk the talk and do something physical that can be easily replicable in your work as well. Guest speakers: **Jagoda Idzik & Izabela Bejm, Sempre a Frente Foundation, Poland**
- 11 October (13h CET) > **ID Talks: Peers and Mental Health** - Peer-to-peer work is nothing new: it is successfully used both in formal and non-formal education settings. But how can peer support improve young people's mental health and well-being? How does this peer-to-peer magic work in practice? How can you address bullying and do information and prevention work through this approach? And, last but not least, what is the role of you(th workers) in this process? Learn about the power of peer support and its positive impact on young people's lives. Guest speaker: **Inge Esselen, Peer Support Vlaanderen, Belgium - FL**
- 25 October (13h CET) > **ID Talks: Art-Story and Mental Health** - How can creative processes give young people a way to talk about difficult issues? Visual arts and storytelling help to name, explain, and accept feelings and understand why they surface. Through objects and metaphors, it is easier to communicate about mental health concepts. So what potential does storytelling have for your youth groups? If you ever found it challenging to express your thoughts and emotions verbally, join us to discover the alternatives. Guest speaker: **Laura Mellanen, visual art practitioner, Finland**
- 8 November (1 PM CET) > **ID Talks: Solutions and Mental Health** - When tackling the topic of mental health and well-being, we mostly focus on the shortcomings and barriers, offering external support. But it is even more important to focus on talents, inner resources, and giving perspectives. So how do you build resilience and support young people's well-being using a solution-focused approach? To change (y)our perspectives, let's shift the focus and talk about young people's strengths. Guest speaker: **Lize Abrahams, Arktos, Belgium - FL**

ID Talks: Peers and Mental Health

Peer-to-peer work is nothing new: it is successfully used both in formal and non-formal education settings.



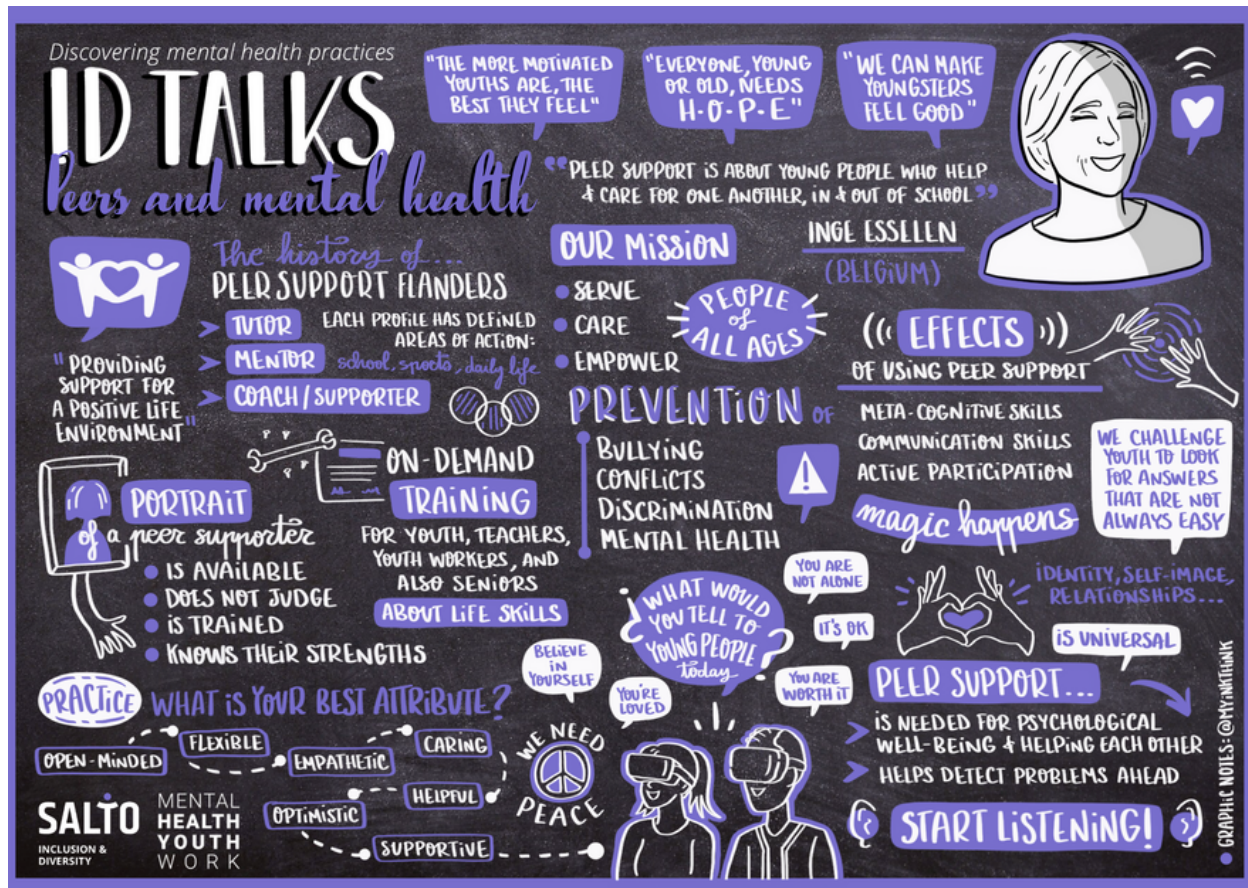
GUEST SPEAKER: INGE ESSELEN

Inge Esselen is an educationalist and teacher trainer at the University of Applied Sciences in Howest, Flanders Belgium. She works for Peer Support Flanders/Howest which aims to strengthen the idea of peer support in the broad environment of young and old. Inge is a coach for peer-to-peer, peer support, motivation, self-determination, informal teaching, and inclusion. She believes in CREATIVE INTERCHANGE, bringing impact on the environment together. Inge likes to work together with young and old to achieve a common goal. Building blocks from our activities are connection, customization, structural inbedding, and involvement. We give activities where we give ownership to youngsters. We are involved and care for each other. We create connections.



Article

Inge Esselen



Spreading the positive Peer Support Virus: a message to young people.

Let me tell you a secret. Together with Georges, my friend, 82 years old (old but gold), we have a dream. Our dream:

"Imagine a world without war, conflicts, suicide, bullying,... a world where there is hope, where everybody deserves a place on earth, where there is no struggle, no war, no violence. A world where everybody is included".

This dream fuels our mission. We believe in spreading a good virus- a virus of peer support and mental health.

As mental health is a universal right it is our duty to spread a good virus. Because ¼ people are globally affected by mental/neurological disorders. And as you know “mental health is truly wealth”.

The peer support virus. Let's embrace it together.

Are you ready to be part of this change?

Let me tell you first what a peer is, what is peer support, which forms of peer support are there, and what a peer supporter looks like.

A peer means that one is equal in many ways and/or in similar circumstances. Peer support means standing as equals in similar circumstances. During adolescence, the influence of peers increases, while parental/caregiver influence declines.

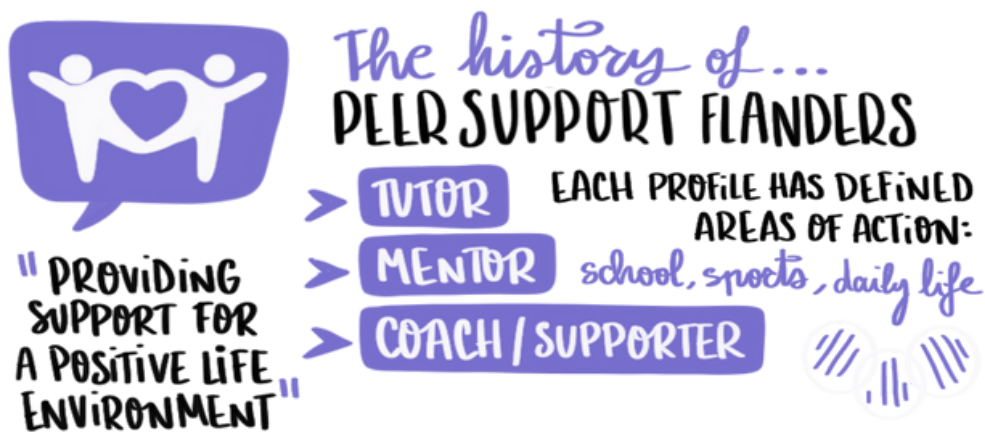
“PEER SUPPORT IS ABOUT YOUNG PEOPLE WHO HELP
& CARE FOR ONE ANOTHER, IN & OUT OF SCHOOL”

We distinguish many forms of peer support.

- **Peer tutors:** helping fellow young ones to learn and carry out study tasks and activities at school.
- **Peer mentors:** serving as a counselor and role model with whom a fellow can identify with.
- **Peer coaches:** a leading group of youngsters in (educational)activities withing the school, the sports club, or community.

Peer supporters: individuals trained in preventive methods in which people support each other to promote and provide support for a positive living environment. The strength of peer support methods lies in the support provided by peers and lifestyle peers. After training peer supporters know their strengths, they are available, do not judge,...

They attribute themselves as empathic, caring, helpful, supportive, being optimistic, open-minded, and flexible.



Inspiration from Belgium:

In Flanders, two young lives were tragically lost due to bullying. Oona Wyns and Heleen Becuwe turned this tragedy into action, founding Peer Support Flanders. Their book about peer support in schools sparked a movement to create a safer, inclusive environment.

PREVENTION OF
BULLYING
CONFLICTS
DISCRIMINATION
MENTAL HEALTH



Our mission

Peer Support Flanders is an organization in Howest, the University of Applied Sciences. In Peer Support Flanders, we look at how peer support can improve the well-being of (young) people and do prevention on conflicts, bullying, suicide, and violence,... With or without a game.

Peer Support Flanders aims to instill peer support in every organization, starting with children and young people through a preventive approach.

We aim to contribute to a positive climate and a safe diverse and inclusive environment. Unfortunately in our society, we have more harm than bullying, suicide, ... alone.

Through tailor-made training and postgraduate programs for peer support coaches, we empower (young) individuals.

We empower people from various backgrounds and enter into dialogue with each other. They make themselves vulnerable and share a part of their story. We see surprise, admiration, respect, recognition, and understanding. That encounter across differences, bridges gaps, creates connection and solidarity, and bends stereotypes and prejudices.

The (young) people discover that they share more with each other than initially thought. We therefore believe that with our project we not only support the personal growth of our young people but that we also contribute to a positive living and working environment with these meeting moments.

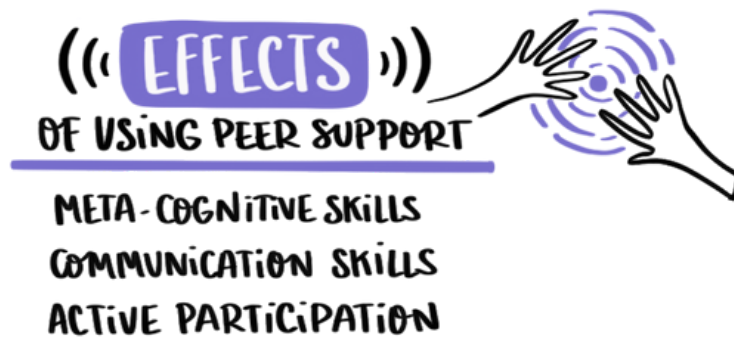
In workshops in which various young people are encouraged to support peers of their age or lifestyle, regardless of their different backgrounds. Young people are challenged to get to know themselves and each other better during interactive workshops. We must believe that young people are the directors of their own lives and that they are in control.



The impact

From experience and research, we see that: peer support is needed for psychological well-being and for helping each other:

- Youngsters/people develop social, communicative, and metacognitive skills, have better well-being, and become active citizens.
- Educators save a lot of time and have less stress because (young) people tackle certain matters themselves.
- And for the community: we foster a safe and positive climate.



Join Us in spreading the virus

We invite you to be a part of this positive virus. Spread the word of our peer supporters, share our message, and support peer support.

"You are uniquely beautiful. Do not be afraid, you are not alone, Be respectful towards each other, and live your dream, It is ok to not have figured it out. Take your time. There are no problems only solutions. You are loved. Create a choice!"



Conclusion

Peer support knows no borders- it's universal and timeless.

You as our reader, are already infected with the positive peer support virus. Join us as we continue to spread this magic.

We want to give (young) people a voice and make optimal use of (youth) participation in the broadest sense. We want to make the world a better place.

Are you, our reader convinced? Please be our partner and make peer support a global reality.



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On behalf of the SALTO Inclusion & Diversity!

