

Peer Leadership  
Programme

**SAFESPACE4YOUTH**

YOUTH COMMUNITY



Co-funded by  
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# MODULE 1: Understanding your mental health

## Extra Resources

An interview with a 19 years old Alejandra from Spain about her mental health experience:

[https://youth.europa.eu/get-involved/your-rights-and-inclusion/how-much-do-you-know-about-mental-health\\_en](https://youth.europa.eu/get-involved/your-rights-and-inclusion/how-much-do-you-know-about-mental-health_en)

„We all have mental health“ educational video for 11-14 year old kids [https://www.youtube.com/watch?v=DxIDKZHW3-E&ab\\_channel=AnnaFreud](https://www.youtube.com/watch?v=DxIDKZHW3-E&ab_channel=AnnaFreud)

Ted talk: Tessa shares her experience with Anxiety at school, including tools that can be used in classrooms:

[https://www.youtube.com/watch?v=EKB7GZ0KAwo&ab\\_channel=TEDxTalks](https://www.youtube.com/watch?v=EKB7GZ0KAwo&ab_channel=TEDxTalks)

Burnt pages: youth mental health documentary

[https://www.youtube.com/watch?v=xEjvol4k50Q&ab\\_channel=BurntPages](https://www.youtube.com/watch?v=xEjvol4k50Q&ab_channel=BurntPages)

Don't mind me: a short documentary about youth mental health

[https://www.youtube.com/watch?v=S77iz149pRQ&ab\\_channel=MindWick](https://www.youtube.com/watch?v=S77iz149pRQ&ab_channel=MindWick)

Calm: The ultimate anxiety tool: [https://www.calm.com/blog/ultimate-anxiety-guide-](https://www.calm.com/blog/ultimate-anxiety-guide-toolkit?utm_medium=organic&utm_source=blog&utm_campaign=5-4-3-2-1-a-simple-exercise-to-calm-the-mind)

[toolkit?utm\\_medium=organic&utm\\_source=blog&utm\\_campaign=5-4-3-2-1-a-simple-exercise-to-calm-the-mind](https://www.calm.com/blog/ultimate-anxiety-guide-toolkit?utm_medium=organic&utm_source=blog&utm_campaign=5-4-3-2-1-a-simple-exercise-to-calm-the-mind)



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How to help a depressed teen?:

<https://www.healthline.com/health/depression/how-to-help-a-teen-with-depression#actively-listen>

How to help a teenager with anxiety?:

<https://study.uq.edu.au/stories/how-to-help-teenager-with-anxiety>

Emotional Intelligence - what it is:

<https://www.verywellmind.com/what-is-emotional-intelligence-2795423>

How to teach your teenager emotional intelligence?:

<https://study.uq.edu.au/stories/how-teach-your-teenager-emotional-intelligence>

Create your own well-being plan:

<https://drive.google.com/file/d/1TZgYR80W7KebOSAUmZ6p8vNAm0LS4ULz/view>



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How to be a good listener?:

<https://www.bhf.org.uk/information-support/heart-matters-magazine/wellbeing/how-to-talk-about-health-problems/active-listening>

Video “The art of active listening”:

[https://www.youtube.com/watch?v=aDMtx5ivKK0&ab\\_channel=HarvardBusinessReview](https://www.youtube.com/watch?v=aDMtx5ivKK0&ab_channel=HarvardBusinessReview)

How FOMO Impacts Teens and Young Adults?: <https://www.verywellfamily.com/how-fomo-impacts-teens-and-young-adults-4174625#citation-1>

“Mental health of young adults severely impacted by pandemic” – study:

<https://www.theguardian.com/society/2023/mar/01/young-adults-mental-health-pandemic>