



Adolescent Mental Health in Six European Countries: Needs and Strengths

GLOBAL REPORT

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Overview

The project “Stronger Youth”-Empowering young people social competences and soft skills through peer mentoring” highlight the urgency of addressing the issue of mental health among adolescents. It aims to prevent depressive behaviors and social exclusion among young people by providing a methodology and complete toolkit for conducting peer mentoring. This peer mentoring methodology includes an online skill assessment tool for evaluating socioemotional skills and providing feedback for those interested in becoming a mentor, a Guide for Educators on supervising the mentoring process, and a set of activities for mentors and mentees to develop social and psychological resilience. The project involves partners from six countries and seven organizations (Czech Republic, CR, PELICAN; Italy, IT, VITECO and PRISM; Poland, PL, FRAME; Portugal, PT, UE/CIEP; Romania, RO, CPIP; and Spain, ES, INNOHUB).

This document concerns the research task of Work Package #2 (WP2) – Developing the On-Line Skills Assessment Tool (OSAT), led by the Portuguese team. Specifically, this document reports two research activities (bibliographic and empirical) that were carried out in each partner country. The bibliographic research was designed to bring information and scientific evidence already produced within the scientific community of each partner country, and the empirical research to provide new and more specific information collected from adolescents from each partner country. At first, the Portuguese team at the University of Évora developed two methodological framework and guidelines documents, for the bibliographic search and the empirical research with adolescent samples, respectively, by so that the partners implemented the same research procedures in their countries and could report their results in comparable ways. Both documents were discussed, improved and agreed on by the partners in the Kick-off-Meeting in Évora, PT, 31 January-1 February 2024.

Both researchs convey foundational information for the project's subsequent tasks, such as the On-line Skill Assessment Tool (OSAT; in the WP2 too), organization

(Work Package #3 – Set of activities for educators and mentors; WP3) and piloting (Work Package #4, training mentors and educators and piloting) of the Stronger Youth Project’s peer mentoring program.

The partners conducted the research in their countries and prepared, each one, their National Report. This document is a global report that combines the findings of the six partners into one integrative view. The Part One synthesizes the bibliographic research on adolescents’ mental health and well-being based on the information and scientific evidence already produced by each country’s scientific communities. Part Two summarizes the new and specific evidence gathered by partners about adolescents’ point of view on adolescents’ mental health problems, resources and help seeking.

