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ERASMUS+ KA2 STRATEGIC PARTNERSHIP IN THE YOUTH SECTOR

## ABOUT THE PROJECT

The 'Hold On' project seeks to address rising mental health issues among young people by expanding access to **informal peer mental health services** at non-medical points. It also aims to bridge knowledge gaps and empower non-medical professionals to recognize and offer informal support for mental health issues in young individuals.



Hold on



**FOSTERING ACCESS TO  
MENTAL HEALTH SUPPORT FOR  
YOUNG PEOPLE**

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## POLICY LANDSCAPE AND RECOMMENDATIONS

The HOLD ON **Policy Landscape and Recommendations Paper** is a key outcome of our project, designed to enhance responses to youth mental health challenges across Europe. It provides valuable insights and strategies for **policymakers, mental health professionals, and youth organizations** to improve support systems for young people in need.

The paper includes:

- ✓ **A comprehensive mapping of key national stakeholders** in each project country, highlighting local organizations, institutions, and initiatives working to support youth mental health.
- ✓ **An overview of EU-level stakeholders**, focusing on the policies, programs, and networks that shape youth mental health across the European Union.
- ✓ **Targeted recommendations** aimed at enhancing existing policies, improving collaboration between sectors, and increasing resources to better respond to youth mental health needs.



Hold on



This valuable information has been gathered through research and collaboration in six diverse countries: **France, Poland, Greece, North Macedonia, Albania, and Cyprus**.

By bridging the gaps between key stakeholders the Policy Landscape and Recommendations Paper is designed to foster collaboration and drive impactful change. The goal is to build a stronger, more unified response to youth mental health, ensuring that young people across Europe receive the support they deserve.

If you're interested, please visit our project website to view the full paper [here](#).