

## 1ST NEWSLETTER

DECEMBER 2025



### BALANCE - an European project focused on promoting mental health among young people

BALANCE aims to **promote mental health among young people aged between 13 and 18**. Through a diverse methodology, which includes training sessions, artistic workshops and practical activities, it aims to raise awareness and facilitate peer learning on mental health issues. The project will also promote awareness-raising and training activities for educators and families.

The project will involve more than 500 participants, in Catalonia and Coimbra.

BALANCE is funded by the European Union's **CERV - itizens, Equality, Rights and Values Programme**.

### Project Consortium





## Featured activities 2025 and 2026

### Activities with young people, educators, and families begin in November 2025

- Training for educators and families, in person and e-learning;
- Youth discussion groups to address mental health issues. In Spain, the groups will be implemented at Fundesplai's Esplais and in Portugal, at Cáritas Coimbra's Leisure Activities Centres (LAC).
- Motor groups, with representatives from the youth discussion groups, who will have an active voice in organising the project's activities and events.

### Digital recommendations on mental health support services for young people

A pilot will be implemented in Catalonia (2026) to understand how the needs of young people should be addressed in digital mental health support services, particularly through WhatsApp. It will be led by the Fundació Ajuda i Esperança.

### Youth Mental Health Festivals — two events in May 2026

It is important to highlight the organisation of two Youth Mental Health Festivals, one in Catalonia and the other one Coimbra, in May 2026. These events aim to provide a platform for young people's ideas, concerns and proposals and to promote empathy, creativity and dialogue between generations.

## Featured events 2025 and 2026

### Kick-off meeting | Barcelona, 23–25 January 2025

From 23 to 25 January, Fundesplai hosted the 1st transnational meeting of the BALANCE project, in Barcelona. It was an opportunity to get to know the partners, outline strategies and define the project's work plan. There was an opportunity to know more about Fundesplai and the Federació Catalana de l'Esplai, visit l'Esplai Pubilla Cases-Can Vidalet and the headquarters of the Fundació Ajuda i Esperança. The meeting ended with the play "Tras la Luz de Alba" by the Lumo Association, which aims to prevent suicide and self-harm among young people.

### 2nd Transnational Meeting | Coimbra, 21-22 October 2025

On 21 and 22 October, Cáritas Coimbra hosted the 2nd transnational meeting, with the aim of reviewing the goals and defining the next steps. The consortium became aware of the local ecosystem and good practices in the region, including visits to the Intermunicipal Community of the Coimbra Region, S. José Community Centre (Cáritas Coimbra), the LAC Poeta Manuel da Silva Gaio (Cáritas Coimbra) and the University of Coimbra.



## RETHINK Conference | Coimbra, October 20, 2025

On 20 October, the conference "RETHINK: New ways of approaching mental health in young people" was held in the auditorium of Coimbra Business School, in Coimbra.

The event gathered experts, institutions and projects and aimed to reflect on local realities, the importance of education and active listening to young people, and to present good practices in the area of mental health.

It was organised by the Intermunicipal Community of the Coimbra Region, in partnership with Cáritas Coimbra.

