

2ND NEWSLETTER

JUNE 2026



BALANCE – Summary of activities in the first half of 2026

In the first half of 2026, the BALANCE project carried out a range of activities to promote **mental health amongst young people, educators and families**. Through training sessions, workshops and participatory activities, the project sought to raise awareness and improve mental health literacy.

One of the project's highlights was the **BategaMent Fest**, organised by Fundesplai in Barcelona, which brought together young people and community organisations in a space for learning, sharing and promoting young people's mental health.

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

Project consortium



Featured activities in 2026

Activities with young people, educators and families

- Training sessions for educators and families, delivered both face-to-face and via e-learning;
- Activities with young people from the Esplais (Spain) and the LAC of Cáritas Coimbra (Portugal).
- Activities with the “motor groups”, composed by young people taking part in the project, who played an active role in preparing and organising the Youth Mental Health Festivals in Spain and Portugal.
- Artistic workshops, featuring the plays “Tras la luz de Alba” by the Lumo Association in Spain and “Todas as Coisas Extraordinárias” by the Mente de Cão Association in Portugal.

Digital recommendations on mental health support services for young people

A pilot project was implemented in Catalonia (2026), led by the Fundació Ajuda i Esperança, to understand how young people’s needs should be addressed in digital mental health support services, particularly via WhatsApp.

Featured events in 2026

BategaMent Fest | Barcelona, 10 May 2026

On 10 May 2026, the BategaMent Fest took place in Barcelona. Under the slogan “La força del jovent, el poder del canvi!” (in English, “The strength of youth, the power of change!”), the festival aimed to promote young people’s mental health and wellbeing, share experiences and encourage networking. This event was organised by young people from the Federació Catalana de L’Esplai and Fundesplai, who are taking part in the BALANCE project.

The BategaMent Fest programme included a talk by psychologist Pablo R. Coca and the play “Tras la luz de Alba” by the Lumo Association, dedicated to raising awareness of mental health. A “Resource Market” was also organised, featuring practical activities, games and the dissemination of useful information on existing services and support available in the community. Of particular note was the participation of the Fundació Ajuda i Esperança, which runs “Esperança en Línia”, an emotional support service providing telephone helplines and specialist counselling.

During the afternoon, the young people took part in recreational activities as part of the “Festa Esplai 2026”, an event celebrating Fundesplai’s 40th anniversary. The young people organising the BategaMent Fest had the opportunity to present a manifesto focusing on mental health, addressed to the participants and the political representatives in attendance.

Cáritas Coimbra also took part in the festival, with a group of young people from BALANCE, as SOS Estudante, a member of the project’s Portuguese Advisory Board. The Portuguese group’s participation helped to strengthen international cooperation and promote the exchange of experiences.



Transnational Meeting | Barcelona, 11 May 2026

On 11 May 2026, the transnational meeting of the European BALANCE project took place at Fundesplai in Barcelona. The consortium had the opportunity to review the activities already carried out, namely the awareness-raising campaigns, artistic workshops and participatory initiatives aimed at young people, families and professionals. An assessment of the BategaMent Fest was also carried out, highlighting the active involvement of young people in organising and running the event. The meeting also provided an opportunity to discuss Cerebration – Youth Mental Health Festival, which will take place in Coimbra in 2026. The young people from the Portuguese group had the opportunity to share their experiences in preparing this event.

