



**Co-funded by
the European Union**

Globally, people face enormous mental health issues, regardless of whether they are infected with COVID-19 or not. That defiance affects different groups of people (Global community, COVID-19 patients, elderly, healthcare workers, marginalized groups) differently in terms of its nature and intensity. Research shows that the need for mental healthcare during this COVID-19 pandemic is high among the general population and MHP mental health is adversely affected. As the number of mental health issues related to COVID-19 is emerging exponentially, it puts the MHPs under huge pressure. In addition to dealing the mental health issues, MHPs are also engaged in extra responsibility, which could increase their stress and negatively affect their mental health. COVID-19 had a big impact on healthcare professionals which includes negative mental health outcomes, such as post-traumatic stress, anxiety and depressive symptoms.

The Positive Academy project aims to equip MHPs with innovative educational tools aimed to enhance their resilience, wellbeing, the level of knowledge, skills, and resources from the scope of Positive Psychology, the science of happiness, and its applications in Adult and VET Education through Positive Counselling.

AUGUST 2022



Co-funded by
the European Union

OUR PROJECT

Positive Academy is a 24 months' duration project and throughout this time, until April 2024, we will work to achieve four main outcomes:

- Firstly, we will try to identify the resilience skills, resources and competences that mental health professionals should enhance.
- The second output concerns the creation of an e-kit to be used for self-learning and personal growth. This manual will include six training modules, each of which focuses on different aspects of resilience work for mental health professionals.
- Thirdly, we will create a digital game (Serious Game). By linking experiential learning scenarios and adult education methodologies with resources to implement resilience capacity, the mental health professional will be able to enhance their ability to improve their resources. The game will help to simulate the working conditions of mental health professionals through digital storytelling. For example, it will address issues that are common to all mental health professionals, such as emotional contagion, secondary traumatic stress, burnout and compassion fatigue. Facilitators will then link these simulations to the training and the content of the digital manual.
- Finally, a network of the European Positive Academy will be created. It will be a non-formal network of representative organisations and practitioners from across Europe, through participatory EU events. The goal is to create a "Positive Community" for participation in dissemination activities and the exchange of ideas and innovative solutions. In addition, the members of the Community will discuss, agree and sign a memorandum for future collaboration, so as to ensure the continuity of the network, even after the end of the project.

OUR TEAM



CHU DE LIÈGE (Belgium): Its team is specialised in the well-being of the workers offering different assignments like individual or collective support for workers, management of complex situations in the departments, team management, training, prevention of stress, burnout and others...

www.chuliege.be



ELLINIKI ETAIREIA THETIKIS PSYCHOLOGIAS (Greece): The Hellenic Association of Positive Psychology is a non-profit scientific organization aiming at promoting Positive Psychology. The establishment of this organisation is the direct outcome of two main factors: Firstly, it is the product of maturation of the Greek positive emotions' research team and secondly an undertaking encouraged by the recent developments in the field of Positive Psychology.

www.positiveemotions.gr



CENTRUL PENTRU PROMOVAREA INVATARII PERMANENTE TIMISOARA ASOCIATIA (Romania) is a non-profit institution active in the educational and social field. Its goal is to bring forward the concept of lifelong learning and make it accessible to the communities with it comes into contact. In this way, it contributes to the development and implementation of coherent policies in the field of education and professional training starting from data based on practical evidence.

www.cpip.ro



SMARTED SRL (Italy) is an innovative start-up which was created as a spin-off of scientific research activities of its members in the field of Cognitive Science.

It was born with the goal of developing innovative applications in order to support activities/needs of the socio-cognitive of people (such as play, learn, team, support an maintain neuro-cognitive functions).

www.smartedit.it



Co-funded by
the European Union



NEOPHYTOS CH CHARALAMBOUS (INSTITUTE OF DEVELOPMENT LTD, Cyprus) was founded in 2003 to contribute to the improvement of our society's quality of life through the continuous development of the individual, the family, the human resources of businesses and educational organisations, promoting a positive outlook towards life and work experiences, the boost of creativity, performance motivation and overall wellbeing. Its mission is to help and support people who are in the search of inner balance and tranquillity. It assists people on how to build strong interpersonal relationships and elevate their personal and professional performance.

www.developmentaid.org

IASIS (Greece) is a non-profit organisation, founded in 2005. The main objectives of the organisation are the provision of psychosocial support, the fight against the social exclusion of vulnerable groups of the population, the provision of psychological and counselling services, the creation of equal opportunities and new prospects for vulnerable groups, the promotion of mental health, the provision of psychiatric care in the Community based on the principles of Social Psychiatry and Psychosocial Rehabilitation, provision of specialized psychiatric services and psychoeducational interventions along the lines of the Psychiatric Reform and the World Health Organisation.

www.iasismed.eu

SCUOLA CENTRALE FORMAZIONE ASSOCIAZIONE SCF (Italy) is an association that acts at national and international level in the field of vocational training and transition to work with the aim of encouraging sharing, exchange of experiences and qualifying the operators of its network of associated bodies, proposing experiments and offering services in response to the needs identified by them member bodies. Its mission is to promote innovation and support in all sectors relevant for the associated VET centres, through national funding and EU projects.

www.scformazione.org

FUNDACIÓN INTRAS (Spain) is a non-profit organisation founded in 1994 dedicated to high quality research and intervention in the mental health field. The organisation's services and programs are based on the recovery approach, empowering people with mental health issues to live a self-determined and self-confident life. INTRAS offers a variety of services and activities such as psychosocial and labour rehabilitation programs, occupational and vocational training, pre-labour workshops as well as counselling and professional guidance.

www.intras.es

FUNDACIÓN
Intras

iasis

