



Mental Health & Self-Identification Journey

The “**Mental Health & Self-Identification Journey**” program is designed for secondary school students across 40 schools in Greece, “following” them throughout high school. It aims to familiarize students with fundamental issues related to **mental health**, while helping them develop a deeper understanding of themselves and their interests. At the same time, the program contributes to creating a more **supportive** school environment that promotes open discussion and acceptance around issues of mental health and well-being.

Combining experiential learning with practical application, the program consists of the following stages:

A) **Learning to navigate mental health challenges**

With the support of their educators, students take part in **non-formal learning activities** in the classroom, as well as **live group sessions** with mentors working in the field of mental health, such as psychologists and psychotherapists. They are introduced to key issues around mental health and delve into topics such as self-awareness and self-confidence, building emotional resilience, managing stress, and cultivating positive interpersonal relationships.

B) **Exploring academic and career paths that suit me**

Through live group sessions with mentors, students explore academic and professional fields that align with their interests. Drawing on the experiences of mentors, they come to understand how making **conscious** choices that reflect their values and strengths contributes to their mental well-being.

At the same time, **educators** and **parents** also participate in specialized **training**, equipping them with knowledge and tools to better support adolescents’ social development and mental health. Specifically, teachers implementing the program in their schools receive training on core issues such as student mental health, resilience, and well-being, while parents focus on fostering healthy relationships and preventing or addressing incidents of (cyber)bullying.

The program is implemented with the support of the **CML Foundation** for the 2025–26 school year.