Good Mental Health Among Young People



The mental health of children and young people is a cause for concern.

How can we ensure that every child in Estonia has a positive relationship with themselves and with others?

The team explored solutions for preventing the development of mental health risks among children by supporting and empowering the different people who are in direct contact with them.

The solutions were designed to support and strengthen positive social and emotional skills among children, parents and teachers:

“School Joy Break” – In cooperation with the Estonian Association of Youth Workers, Schools in Motion, the Education and Youth Board, Peaasi.ee and the National Institute for Health Development, class-based activities are being developed for schools to support children’s mental well-being during breaks.

“Parents’ Community” – This initiative helps create a caring, friendly and cohesive class community and strengthens cooperation between parents and the school.

The project involved the Education and Youth Board, the Ministry of Education and Research, the Association of Local Authorities of Harju County, the Ministry of Social Affairs, the National Institute for Health Development and the Estonian Parents’ Association.

The project mentor was Daniel Kotsjuba.

Project duration: 2021
The project was implemented as part of the Innovation Programme.

Read more (in Estonian):
Noorte hea vaimne tervis - lõpuesitlus.pdf | 1.11 MB | pdf

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