

Mental Health Matters: The Toolkits

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Category
If Other, please specify

Resources Creation ▾

PROBLEM STATEMENT

Explain the Need/ Reason for the SWG

European RP 25-27, Mental Health Matters is mainly focused on NMO driven activities. The need for this SWG arises from the lack of the reliable resources for NMOs to bring their ideas into action.

BACKGROUND (OPTIONAL)

Information that supports the Problem Statement with an explanation on the current statistics and general overview of the current situation of the issue to be tackled

Since the beginning of the RP 25-27, European NMOs have not had resources and toolkits to work on activities regarding the RP. In official and unofficial talks with the NMOs during the term, it was brought to our attention that they would like to have more resources to help them to engage their work within the RP and the European region. Since many of the IoSs in the regional priority is focused on NMOs work locally and nationally, we want to propose this SWG to make it easier for them to focus their work towards the Regional Priority. Also, there are IoSs in the RP Proposal that explicitly say that we need to provide resources for NMOs. The toolkits will be made using reliable sources, with the intent to cover as many structures within NMOs as possible, with information that will be helpful to NMOs as organisations, but also to each individual who wants to engage with the said activity. They will be adapted to regional context. The toolkits for Regional priority 25-27 have not been made yet; this is why we propose the SWG to develop them for the upcoming term, so we can fulfill all of the IoSs.

GOAL(S)

- The goal of the SWG is to develop reliable and relevant toolkits for NMOs to help them engage with the regional priority.

OBJECTIVE(S) AND INDICATORS OF SUCCESS

Please elaborate on the objectives of the SWG in a SMART way. Furthermore, please also elaborate on the Indicators of success for each objective or group of objectives. Indicators of success define the success of objectives upon implementation. They should be specific, measurable and neutral.

- **Objective 1.** Develop a toolkit for inclusion of mental health courses into their national medical curricula.
 - IoS 1: By the end of September, NMOs have the toolkit for Mental Health Advocacy Campaigns.
- **Objective 2.** Develop a toolkit or practical guide focused on mental health in emergencies.
 - IoS 1: By the end of September, NMOs have a toolkit on "Mental Health in Health Emergencies" with adaptable activities for NMOs.
- **Objective 3:** Develop a toolkit for mental health promotion and stigma reduction.
 - IoS 1: By the end of September, NMOs have a toolkit about community-based activities applicable in their NMOs.
 - IoS 2: By the end of September, NMOs have a toolkit on different aspects of mental health, such as gender, socioeconomic status, ethnicity, etc.
- **Objective 4:** Develop a toolkit on mental health in exchanges
 - IoS 1: By the end of September, NMOs have a toolkit for building a resilient and capacitated incomings and outgoings in international and exchange contexts.

TARGET POPULATION AND BENEFICIARIES

Please mention the target group and beneficiaries of the SWG work. Who are the outcomes of the SWG targeted towards, and by extension, whom can it benefit.

- NMO Presidents and relevant EB representatives
- NPOs, LPOs
- NEOs, LEOs, NOREs, LOREs and other exchange officers
- general members with relevant experience in mental health, external affairs, activity management and exchanges

METHODOLOGY/ GENERAL DESCRIPTION

- Research of the relevant and reliable sources about the topics;
- Online meetings
- Open Space Discussions
- Digital creation

TIMELINE

21.07.2026	The Call for SWG members is open
12.08.2026	The Call for SWG Members is closed
15.08.2026	Division of the work within the SWG

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| 10.09.2026 | Raw data is finished and drafts are created |
| 11.09.2026 | Digital creation of toolkits has started |
| 29.09.2026 | Digital creation of toolkits is finished |
| 30.09.2026 | The toolkits are shared with the NMOs |

FOLLOW-UP & SUSTAINABILITY

Could you explain how you plan to follow up on the results of the SWG and ensure the sustainability of the outcomes?

The constant and open communication with the SWG members will be conducted on a weekly basis, offering help and support for the members. Monthly online meetings will be held to catch up with the achievements of the members. Members will be encouraged not to use AI for the purposes of the creation of the toolkits, preventing the unreasonable usage of water.

CONCLUSION

If the SWG is unable to complete the work within the given timeline, what steps would you take.

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| 30.09.2026 | End Date of the Small Working Group on Mental Health Matters: The Toolkits |
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If the objectives are not fulfilled, it will be advised to the next EuroTeam to take into consideration opening a similar SWG in the next term.