



News Letter

ISSUE 1^o – JANUARY 2026

The HealthyMinds project in a nutshell

In the HealthyMinds project, we focus on the mental health challenges faced by Generation «Z» (17+) and create the conditions to address them by establishing a network of early diagnosis and intervention mechanisms. At the same time, we leverage digital technology and innovative services for primary and secondary prevention.

The HealthyMinds project kicks off

On October 22, 2025, the kick-off meeting of the HealthyMinds project took place at Moxy Patra Marina hotel in Patras, Greece, marking the official launch of the cross-border initiative.

All project partners attended the meeting, along with representatives of the Joint Secretariat of the Program, including the Communication Officer, the Project Officer, and the Coordinator of the Joint Secretariat.

Participants presented the activities that had taken place within the framework of the project, described the future work plan, and confirmed their joint commitment to creating multi-level responses that combine research, awareness-raising, education, informal support networks, and digital tools to reduce the incidence of mental health problems.

PREVENTION, EARLY DIAGNOSIS & INTERVENTION ACTIVITIES TO ENHANCE THE MENTAL HEALTH OF YOUNG PEOPLE OF GENERATION «Z».

Our objectives:

- ⇒ Development of new services to reduce the burden on the primary mental health system.
- ⇒ Training of social services staff in municipalities.
- ⇒ Education/training of parents and teachers..
- ⇒ Early diagnosis and intervention.
- ⇒ Use of new technologies and creation of remote counseling support services.
- ⇒ Strengthening the resilience of mental health services through the development of innovative services.



INTERREG VI-A GREECE-ITALY 2021-2027

The partnership:



News Letter

ISSUE 1⁰ – JANUARY 2026



The opening ceremony

On 5 December 2025, the launch ceremony of the **HealthyMinds** project took place in Ioannina, Greece, marking the official start of an important cross-border cooperation initiative between Greece and Italy.

The ceremony opened with greetings from representatives of the Joint Secretariat of the Programme, followed by opening remarks from the Lead Beneficiary, the 6th Health Region, and the Region of Epirus, represented by Agni Nakou-Dasoula, Deputy Regional Governor of Epirus for Welfare, Social Solidarity, Cohesion and Public Health. The event also acknowledged the participation of Georgios Dentsikas, Deputy Administrator of the 6th Health Region, as part of the institutional framework supporting the project's launch and implementation. The project partnership was also presented, comprising the Hellenic Regulatory Body of Nurses as Lead Beneficiary, the 6th Health Region, the Municipality of Nardò, and the Capodarco Community "Father Gigi Movia" ETS.

The keynote presentations addressed important topics such as the characteristics of Generation Z, the response of mental health services, support mechanisms, mental health in the academic environment, and communication difficulties. Altogether, the opening ceremony marked a strong and meaningful start to a shared journey of cooperation in the neighbouring regions of Greece and Italy, laying the foundation for the successful implementation of the HealthyMinds project.

PREVENTION, EARLY DIAGNOSIS & INTERVENTION ACTIVITIES TO ENHANCE THE MENTAL HEALTH OF YOUNG PEOPLE OF GENERATION «Z».

Why mental health is a priority ...and why it is for young people

The recent COVID-19 pandemic has exacerbated existing aggravating factors directly related to mental health issues, particularly among adolescents.

As a result, there has been an upward trend in the demand for mental health services from this age group. In addition, the social integration of young people has been restricted and enormous pressure has been placed on mental health systems, whose capacity to respond is being increasingly challenged.



Follow us for more news!



www.greece-italy.eu