



# NewsLetter

ISSUE 2<sup>o</sup> – J U N E 2026

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

## 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.

### Highlights from the 2nd HealthyMinds Technical Meeting in Nardò!

We are thrilled to share that on March 26, 2026, the **HealthyMinds** partners gathered in the beautiful town of Nardò for our 2nd Technical Meeting. Hosted by the Municipality of Nardò at the historic Acquaviva d'Aragona Castle (Mezzanine Floor Hall), the event was a major milestone for the project.

#### Key Highlights:

- **Official Welcome:** Ms. Maria Grazia Soderò, Deputy Mayor of Nardò, warmly welcomed the consortium and emphasized the project's social impact.
- **Strong Support:** We were honored to have Ms. Chrysa Pierri, Project Officer from the Programme's Joint Secretariat, participating in the discussions.
- **Progress & Planning:** Partners reviewed overall work progress, tackled financial and management topics, and openly discussed current implementation challenges to ensure smooth next steps.

The productive day wrapped up with an inspiring tour of Nardò's historic center, strengthening the bonds of our partnership. Stay tuned for more updates as we move forward!

## 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:





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## The opening ceremony in Nardo

No young person should face distress alone: The HealthyMinds project builds a strong, interdisciplinary network to protect and support the youth. Successful opening conference on March 27 at the Nardò Municipal Theater in the historical center.

Deputy Mayor Maria Grazia Sodero warmly welcomed Chrysa Pierri (Project Officer) and Maristella Mantuano (Communication Officer) from the Joint Secretariat, emphasizing the administration's commitment to this timely EU co-funded initiative offering tangible community support.

All partners participated, presenting their organizations and relevant case studies. For the Lead Partner Hellenic Regulatory Body of Nurses (HRBN), Chrysa Giannioudi detailed the project, while Anagnostou present the case study "Prevention and Health Education in Schools in Crisis-Affected Areas (Attica-Central

## Why mental health is a priority ...and why 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.



Macedonia)”, an HRBN 2014-2015 program reaching over 12,000 elementary students with first aid and health promotion training. The 6th Regional Health Authority of Greece (Partner 2), represented by Karakasi, showcased Health4EUkids, implemented against childhood obesity in Patras schools. Finally, Padre Gigi Movia ETS NGO presented “A Scuola per Mare”, a transformative 100-day sailing boat program for students in crisis.

The agenda concluded with Dr. G. Carlino outlining Nardò Municipality’s upcoming activities: 18 webinars for educators, 18 for parents on early distress recognition, and 5 workshops for University of Salento students to raise awareness and actively engage them. Partners shared completed activities, next steps, and cross-border commitment.

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