



Co-funded by
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**HEALTHY
MIND,
HEALTHY
CHILD**

PRESS RELEASE #10

New Toolkit Developed to Support Children's Mental Health

The Healthy Mind, Healthy Child project will produce a Mental Health Toolkit designed for parents, teachers and sports trainers.

The toolkit will include practical guidance, exercises and strategies for supporting children's mental wellbeing in everyday situations.

It will also present innovative methodologies tested during the project, including sports mentorship, outdoor therapy and digital storytelling.

The toolkit will be made available online in several languages to ensure accessibility across Europe.