



Co-funded by
the European Union

**HEALTHY
MIND,
HEALTHY
CHILD**

PRESS RELEASE #1

Launch of the “Healthy Mind, Healthy Child” European Project to Support Children's Mental Health

An European initiative titled Healthy Mind, Healthy Child (HMHC) has been launched to address the growing mental health challenges faced by children across Europe. The project brings together organisations from Croatia, Spain and Slovenia with the aim of developing innovative approaches to strengthen children's emotional resilience and wellbeing.

Recent European studies show a significant rise in anxiety, depression and other mental health issues among children and adolescents. Through HMHC, partners will work together to provide practical tools and support systems for children, parents, teachers and sports trainers who play a key role in supporting children's wellbeing.

The project will focus particularly on vulnerable children, including migrant children, refugees and children with disabilities. By combining education, sports and creative methodologies, HMHC aims to empower children to better manage emotions, build resilience and improve their overall mental health.