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**HEALTHY
MIND,
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CHILD**

PRESS RELEASE #4

Sports Mentorship Programme Launched to Build Emotional Resilience in Children

The Healthy Mind, Healthy Child (HMHC) project has launched its Sports Mentorship Programme, designed to support children's mental health through structured sports activities.

Sports mentors will work directly with children, helping them develop resilience, confidence and teamwork skills. Physical activity has been shown to improve emotional wellbeing and reduce feelings of isolation among young people.

Through mentorship relationships, children will gain positive role models who can guide them in building healthy habits and coping strategies. The programme will involve trainers from sports clubs who will receive specialised training to better support children facing emotional challenges.