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**HEALTHY
MIND,
HEALTHY
CHILD**

PRESS RELEASE #5

Parents and Teachers Receive Training to Support Children's Mental Health



Adults who interact with children on a daily basis are often the first to notice behavioural changes. However, many lack the training needed to recognise early warning signs.

Within the HMHC project, parents, teachers and sports trainers are participating in specialised Mental Health First Aid Training designed to help them identify and respond to signs of mental distress in children.



The HMHC training programme equips participants with practical tools to support children experiencing anxiety, stress or emotional difficulties. Participants will also receive a dedicated Mental Health First Aid Toolkit to support them in their daily work with children.

