EU-MINDS

PRESS RELEASE

EU Resilient Minds: Supporting Mental Health During Unemployment

Long-term unemployment can present not only financial but also psychological challenges, and can affect the mental health and emotional well-being of unemployed people.

The EU Resilient Minds project addresses these issues and is being implemented through the cooperation of organisations from Greece, Hungary, Portugal and Spain. Its aim is to better understand the psychological challenges associated with long-term unemployment and to develop practical solutions that can be useful for both professionals and unemployed adults.

The research conducted as part of the project explored the psychological impact of long-term unemployment and provided the basis for developing the project's practical resources.

One of the main results is a Guide for professionals, covering topics such as mental health awareness, daily balance, motivation, resilience and peer support. A digital platform is also being developed to provide practical resources for professionals and unemployed adults.

Through research, practical tools and cooperation between organisations from four European countries, EU Resilient Minds aims to strengthen mental health support for people experiencing long-term unemployment.

Contact

EU Resilient Minds project
www.euminds.com

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