

Peer Review
Amsterdam, 2–4 November 2016
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mieli

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Project Planner

Mental Health Promotion of Children and Young People

The Finnish Association for Mental Health

Mental health

- Mental Health is a skill that can be learned, taught, supported and strengthened
- Everyone has mental health even if she or he has mental health problems, difficult life situations or crisis
- Everyone needs mental health even if she or he doesn't have mental health issues or problems
- Mental Health is the foundation for well-being

Coping skills:

Seeking help and recognising coping skills, meaningful life

Sexual health:

Enjoying my sexuality, accepting myself and feeling loved

Safety net:

Support and help from home, school, working life, web and society

Interaction skills:

Friendship, partnership at work

Emotional skills:

Recognition, expressing, accepting emotions, empathy and assertiveness

Mental health in everyday life:

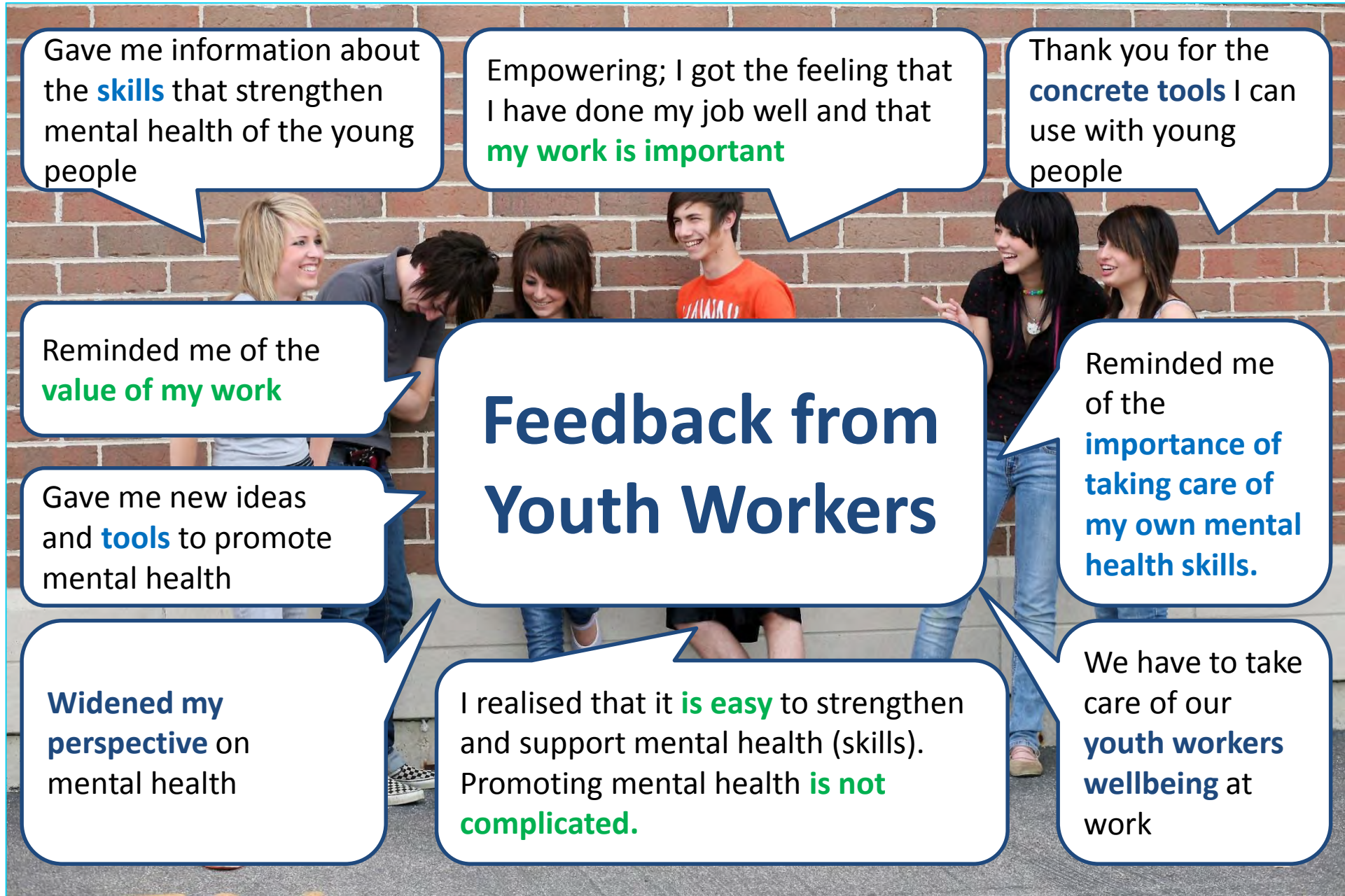
Daily routines

**Youth Workers
can strengthen
all of these Mental
Health Skills**

Stress management and recovery

Self-knowledge:
Values, strengths, appreciation

Participation:
Able to influence own and community's affairs



Gave me information about the **skills** that strengthen mental health of the young people

Empowering; I got the feeling that I have done my job well and that **my work is important**

Thank you for the **concrete tools** I can use with young people

Reminded me of the **value of my work**

Feedback from Youth Workers

Reminded me of the **importance of taking care of my own mental health skills.**

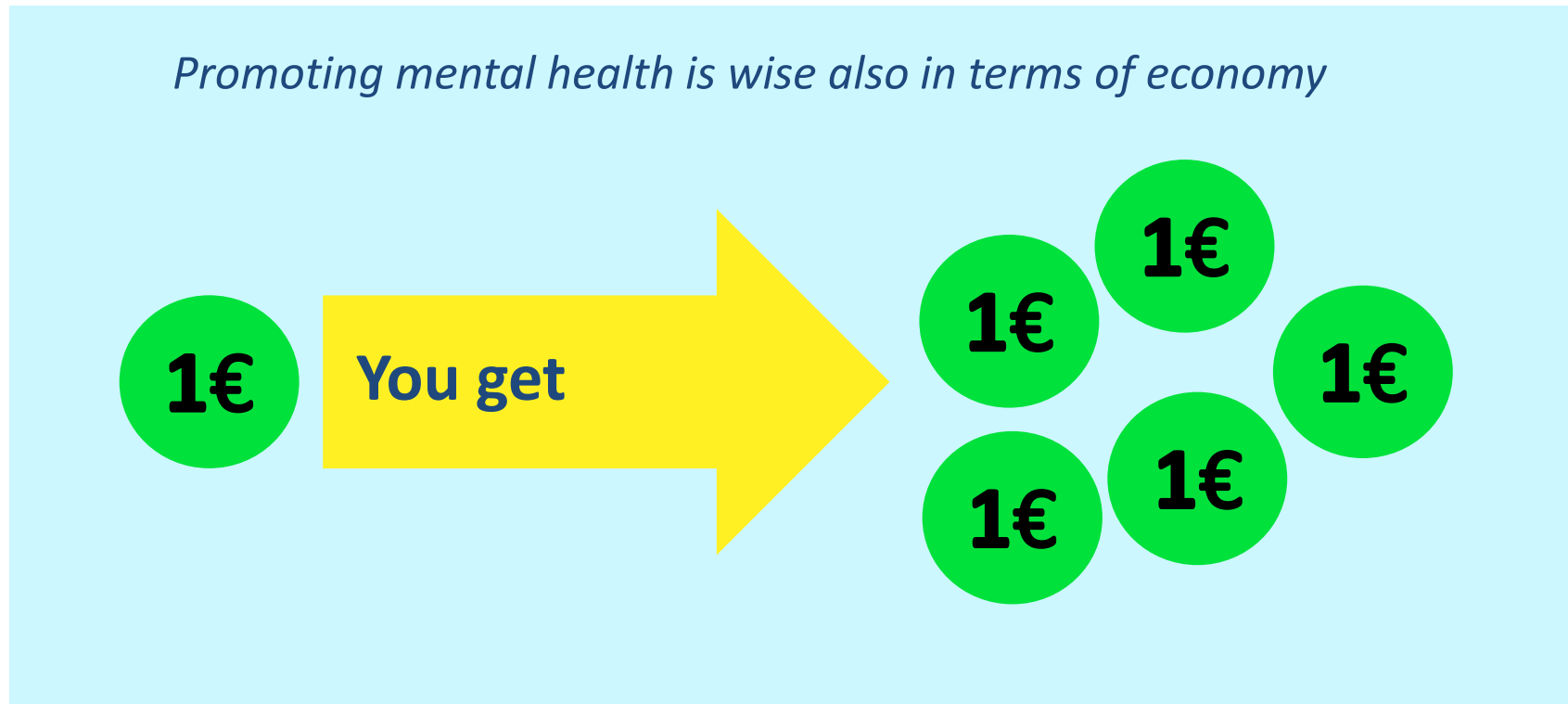
Gave me new ideas and **tools** to promote mental health

Widened my perspective on mental health

I realised that it **is easy** to strengthen and support mental health (skills). Promoting mental health **is not complicated.**

We have to take care of our **youth workers wellbeing** at work

Mental health promotion pays back



EU 2011

Thank You

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