

# ABOUT

The **EMERGE Youth project** empowers young people across Europe with **practical tools and knowledge** to manage stress and build resilience for their personal and professional futures.

Through **tailored educational content, interactive digital tools, and inclusive outreach**, the project addresses the root causes of stress and promotes mental well-being.



## Partnership



Access our Website 



<https://emergeyouth.erasmusplus.website/>



Access the WebApp



<https://portal-emergeyouth.erasmusplus.website/>



## EMERGE YOUTH

Unlocking Potential, One Breath at a Time

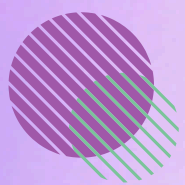
**Empowering the Next Generation of  
Entrepreneurs through Stress Management  
Education in Youth**

Project number  
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## Stress Management EduPack

The Educational Package is **designed for educators**, offering strategies and resources to support young people's mental health and well-being through a **theoretical understanding of the topic, as well as practical exercises and activities** linked to employability and entrepreneurial skills.

The theoretical knowledge is built around the following topics:

1. Foundations of Stress and Its Impacts
2. Practical Coping Strategies and Methods
3. Stress Management for Career Resilience
4. Emergency Support and Long-Term Resilience
5. Workshop Facilitation, Community Engagement and Use of Digital Tools for Stress Management



## Collection of Stress Management Practices and Case Studies

This collection features a wide range of resources, including **mental health help centres, user-friendly mobile applications, community-based initiatives, and other inspiring approaches** that have proven effective across Europe.

Case studies of people who **overcame stress and turned it into a creative process** are available. The case studies aim to inspire youth on **how they can thrive personally and professionally** by achieving good mental health and reducing stress.

Both resources highlight **practical, accessible, and real-world strategies** to motivate youth and educators alike to take proactive steps toward better mental well-being.



## EMERGE Youth WebApp



The **EMERGE Web App** is a free web-based platform accessible from multiple devices and designed to help young people manage stress through personalised content.

The platform contains:

- **Theoretical knowledge** developed in the Stress Management EduPack
- **Best practices and case studies** for inspiration
- 60 engaging **exercises** for stress relief, development of stress management skills and employability skills
- Signposting to **support lines** available to the users
- **Motivational badges** which can be enabled and disabled based on the users preferences

