



InsideOut

Mental Health in Youth Work

**Training Course
1-9 August 2026
Thessaloniki, Greece**



Co-funded by
the European Union

ABOUT THE TRAINING

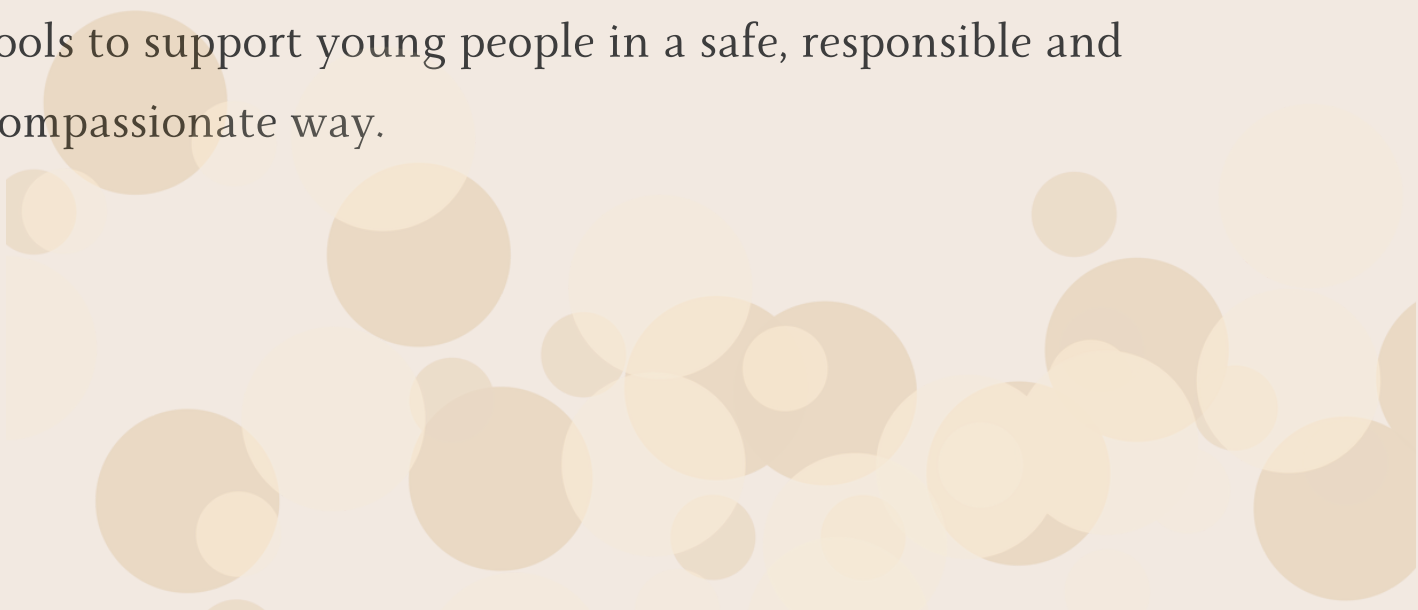


Inside Out: Mental Health in Youth Work is a training course that supports youth workers in *exploring mental health, wellbeing* and *psychosocial support* within youth work.

Participants will discover key concepts related to mental health and *destigmatisation*, develop *active listening* and *supportive communication skills*, and explore *Psychological First Aid (PFA)* as an approach for providing first emotional support before referral.

The training also focuses on the wellbeing of youth workers themselves, encouraging reflection on *boundaries, self-care, emotional resilience* and *burnout prevention*.

Through non-formal education methods, creative activities and experiential learning, participants will gain practical tools to support young people in a safe, responsible and compassionate way.



WHY THIS TOPIC?



- 1 Mental health is increasingly present in youth work contexts. Young people may experience stress, emotional difficulties, uncertainty or challenging life situations, and often turn to youth workers as trusted adults who can listen and provide support.
 - 2 At the same time, youth workers themselves may carry emotional responsibility, especially when working with vulnerable groups or difficult situations. This highlights the importance of having the knowledge, skills and confidence to respond appropriately, while also understanding the limits of their role.
 - 3 This training creates a space for youth workers to strengthen their listening and support skills, explore referral practices, and reflect on wellbeing, self-care and healthy boundaries. It aims to promote a more informed, compassionate and sustainable approach to mental health in youth work.
- *Because supporting young people also means caring for the people who support them.*

MAIN AIM

- The main aim of **Inside Out: Mental Health in Youth Work** is to empower youth workers with basic knowledge, non-formal education tools and psychosocial support skills that can help them support young people in a safe, responsible and sensitive way.
- The training aims to help participants understand key mental health concepts, challenge stigma, practise basic Psychological First Aid principles and reflect on referral, boundaries and the limits of the youth worker's role.
- At the same time, the course aims to strengthen youth workers' self-awareness, emotional resilience and self-care strategies, supporting them to recognise stress, emotional exhaustion and possible burnout in their own professional practice.

OBJECTIVES

Listen

Strengthen active listening
and supportive
communication skills

Notice

Recognise when a young
person may need additional
support

Support

Explore the principles of
Psychological First Aid (PFA)

Refer

Understand referral pathways
and professional limits

Care

Develop self-care practices
and prevent burnout

Create

Experience creative and non-
formal education methods



METHODOLOGY



The training course will be based on non-formal education and experiential learning. Participants will not only receive information, but will actively engage with the topics through reflection, exchange, practice and creative exploration.

The methodology will include:

Creative & experiential workshops

Tools for emotional expression, boundaries and care

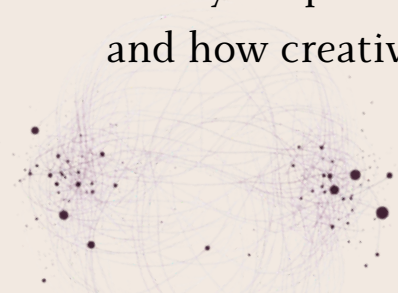
Self-reflection and guided debriefing

Group discussions and peer learning

Case-based reflections

Simulations and practical exercises

A specific creative reflection will explore the idea of the face we show to the group and the inner youth worker: how we appear to others, what we may keep inside, which emotions or difficulties are not always visible and how creative and non-formal methods can help us reflect on these layers of our role.



PARTICIPANT PROFILE



This training is for people aged 18+ who:

Work with young people in formal or non-formal education settings.

Are interested in mental health, wellbeing and psychosocial support.

Want to strengthen their listening, support and referral skills.

Wish to explore self-care, boundaries and burnout prevention.

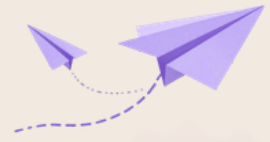
Are open to experiential learning, creative methods and group reflection.

Are motivated to transfer the learning outcomes to their communities and organisations.



ARRIVAL

at SKG Airport, Thessaloniki



Period of realization: 2/8/2026 - 8/8/2026

Arrival Date: 1/8/2026

Departure Date: 9/8/2026

Location: Thessaloniki, Greece

Welcome to Thessaloniki!

- 1 After arriving at SKG Airport, head to the arrivals area. You'll find the airport bus stop outside on the right (there are signs).
- 2 Take the **X1 bus** and get off at the "Plateia Aristotelous" bus stop.
- 3 Stay Hybrid Hostel is located at Ionos Dragoumi 61, just a short 10-minute walk from there.

We look forward to seeing you!





ACCOMMODATION

(for the participants that do NOT live in Thessaloniki)

Location

The accommodation will be provided at **STAY Youth Hostel & Common Place**, located in the heart of Thessaloniki.

Rooms

Participants will stay in shared dormitory rooms (4, 6, 8 pax) equipped with bunk beds, with access to shared bathrooms and toilets.

Kitchen & Breakfast

A common area with a kitchen will also be available, where participants can prepare their breakfast. Basic breakfast supplies will be provided.



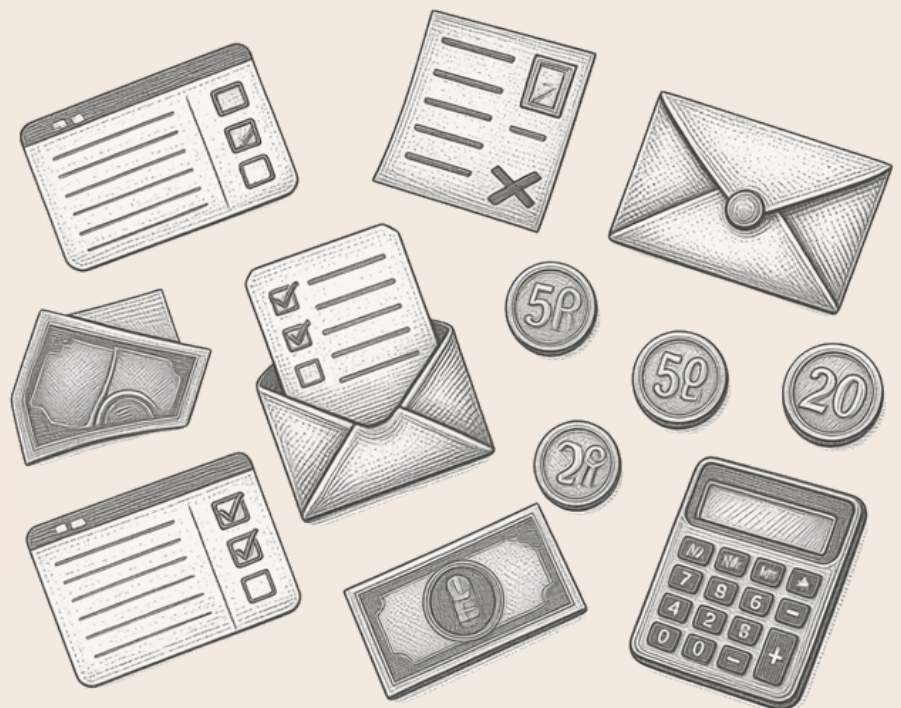
Travel Reimbursement

All travel costs are calculated according to the Erasmus+ distance calculator.

Travel costs will be reimbursed by bank transfer only after all participants send their original boarding passes, receipts, invoices and tickets to the organizers by post and via e-mail (original & scanned versions) to finance@usbngo.gr.

Note:

Keep every receipt, invoice, document and boarding pass. Without these proofs in physical and digital copies you will not get reimbursed.



WHAT TO BRING



Please make sure you bring the following items with you:

Valid ID, Passport, or other required travel document

European Health Insurance Card (EHIC) (mandatory for EU participants)

Any personal medication you may need during the activity

A swimsuit, as weather conditions will be perfect for a swim and light rainwear just in case!

Cables, chargers, and adaptors for your electronic devices

Personal toiletries, including towels, shampoo, shower gel, slippers, and any other items you may need for daily use

A bottle for water (Thermos)

Note: If you do not bring your own towel, the hostel can provide towels for €2.50. An iron and hair dryer are available free of charge upon request.



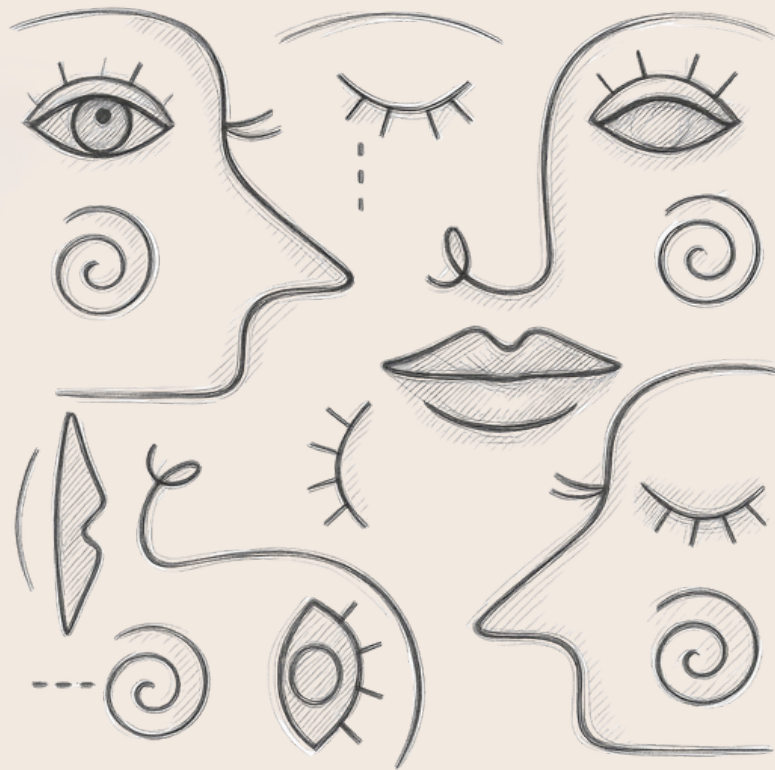
FURTHER INFO AND CONTACTS

Before you arrive, we will host an online meeting for the leaders of the teams.

For any questions regarding the project, please contact us:

placements@usbngo.gr

andreas.boutsoukis@usbngo.gr



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