



News Letter

ISSUE 1^o – JANUARY 2026

The HealthyMinds project in a nutshell

In the HealthyMinds project, we focus on the mental health challenges faced by Generation «Z» (17+) and create the conditions to address them by establishing a network of early diagnosis and intervention mechanisms. At the same time, we leverage digital technology and innovative services for primary and secondary prevention.

The HealthyMinds project kicks off

On October 22, 2025, the kick-off meeting of the HealthyMinds project took place at Moxy Patra Marina hotel in Patras, Greece, marking the official launch of the cross-border initiative.

All project partners attended the meeting, along with representatives of the Joint Secretariat of the Program, including the Communication Officer, the Project Officer, and the Coordinator of the Joint Secretariat.

Participants presented the activities that had taken place within the framework of the project, described the future work plan, and confirmed their joint commitment to creating multi-level responses that combine research, awareness-raising, education, informal support networks, and digital tools to reduce the incidence of mental health problems.

PREVENTION, EARLY DIAGNOSIS & INTERVENTION ACTIVITIES TO ENHANCE THE MENTAL HEALTH OF YOUNG PEOPLE OF GENERATION «Z».

Our objectives:

- ⇒ Development of new services to reduce the burden on the primary mental health system.
- ⇒ Training of social services staff in municipalities.
- ⇒ Education/training of parents and teachers..
- ⇒ Early diagnosis and intervention.
- ⇒ Use of new technologies and creation of remote counseling support services.
- ⇒ Strengthening the resilience of mental health services through the development of innovative services.



INTERREG VI-A GREECE-ITALY 2021-2027

The partnership:



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The opening ceremony

On December 5, 2025, the launch ceremony for the HealthyMinds project took place in Ioannina, Greece.

The ceremony opened with greetings addressed by the Joint Secretariat of the Programme, including the JS Coordinator, the Project Officer and the Communication Officer. They were followed by opening remarks from Lead Beneficiary, Deputy Director of the 6th Health Region and the Regional Governor.

In turn, presentations by the keynote speakers, covered topics such as the characteristics of Generation «Z», the response of mental health services, support, mental health in the academic environment, and communication difficulties.

It was altogether a strong and important start that marked the beginning of a joint journey of cooperation in the neighboring regions of Greece and Italy.

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Why mental health is a priority ...and why it is for young people

The recent COVID-19 pandemic has exacerbated existing aggravating factors directly related to mental health issues, particularly among adolescents.

As a result, there has been an upward trend in the demand for mental health services from this age group. In addition, the social integration of young people has been restricted and enormous pressure has been placed on mental health systems, whose capacity to respond is being increasingly challenged.



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