



Hold on



YOUTH VOICES

Peer Support
in Mental Health

23 OCTOBER

18:00 - 20:00

French Institute
in Greece (Sina 31, Athens)



KMOP, in collaboration with the HoldOn consortium, invites you to the conference “**Youth Voices: Peer Support in Mental Health**”, which will be held at French Institute in Greece (Institut Français de Grèce), Sina 31 on **23 October** at 18:00-20:00.

Join us to explore together how we can support and improve young people’s mental well-being through peer support and equip non-medical professionals working with young people, with the ability to recognize mental health issues and provide informal support.

The event is aimed at:
Youth workers | Youth | General Public

[REGISTER HERE](#)

At the end of the conference, you will receive a certificate of attendance.



The event is organised in the context of the project
HoldOn - Fostering Access to Mental Health Support for Young People.

Arrival & Registration (17:30-18:00)

- Attendee Registration & Welcome Coffee
- Participants check-in and receive conference materials.

Welcoming speech and introduction to the Hold On Project (18:00-18:15)

- Overview of the HoldOn project.
- Introduction to the objectives of the conference.

Chryssa Sotiriou, Project Manager at KMOP

Coline Fertin, Project Manager at Afeji, coordinator of the project

Sabrina Si Lahcene, Project Manager at Afeji, coordinator of the project

Panel Discussion: The Importance of Mentoring Groups:

Young People's Experience (18:15-18:45)

Moderator: Sabrina Si Lahcene, Project Manager at Afeji, coordinator of the project

Panel Discussion: Making Young People's Mental Health A Priority (18:45-19:15)

Speakers:

Georgia Alexandrou, Researcher at KMOP

Coline Fertin, Project Manager at Afeji

Stelios Stylianou, Senior Project Manager at Emphasys

2 Young People participating at the project activities

Moderator: **Chryssa Sotiriou**, Project Manager at KMOP

Panel Discussion: The Importance of Peer Support in Mental Health (19:15-19:45)

Speakers:

Klodjana Serraj, Representative from the Municipality of Shkoder

Klaudia Witulska, International Projects Specialist, University of Social Sciences in Poland

Stefania Vasilaki, Researcher at KMOP

Katy Carpentier, Youth Professional, France

Moderator: **Kristina Vasileska**, Director and Project Manager at KMOP Skopje

Closing and Q&A (19:45-20:00)

- Showcase of a video created by Afeji, highlighting the project's journey, key achievements, and personal stories from young participants.
- Presentation of some practical activities and initiatives that can be implemented by youth workers and educators to promote mental health and provide peer support. Followed by a discussion on practical tips for supporting young people in a non-medical setting.
- Final Q&A