

# me\_HeLi-D

Mental Health Literacy and Diversity

Enhancing Mental Health and Resilience through Digital  
Resources for Youth

---

**NEWSLETTER #2 | DECEMBER 2023**



# PROJECT PROGRESS



me\_HeLi-D

## me\_HeLi-D HAPPENINGS

The me\_HeLi-D project looks back on a year marked by substantial dedication to program development and dissemination of initial project outcomes. The first round of participatory workshops, which took place in June 2023 proved to be a great success (further details available on the next page) yielding exemplary designs from participating students. A selection of these designs will now serve as the foundation for subsequent graphic design efforts.



Designs created in the participatory workshops by students from our partner schools in Austria, Poland and Slovenia

As previous research has shown, using storytelling and a narrative format is a great way to increase student engagement and adherence to prevention programs. For this reason, the content and activities of the me\_HeLi-D program are based on a storyline developed specifically for this purpose. The students were also involved in this process and voted on their preferred story and provided feedback to revise and adapt the narrative.

Great importance was also attached to the visibility of the project within and outside of the scientific community. The [project website](https://project.meheli-d.uni-graz.at/) has been set up (<https://project.meheli-d.uni-graz.at/>) and is regularly updated with news and short reports on the project activities. You can also follow us on the project's [Instagram account](#), where project and mental health related content is being shared. In addition, the various outcomes of the project were presented at national and international conferences to enhance the visibility and impact of the project.



Project lead: Univ.-Prof. Dr. Barbara Gasteiger-Klicpera

Contact: Franziska Reitegger | [franziska.reitegger@uni-graz.at](mailto:franziska.reitegger@uni-graz.at)

Co-funded by the  
Erasmus+ Programme  
of the European Union



# PARTICIPATORY WORKSHOPS



me\_HeLi-D

June 2023

In June, the first round of participatory workshops with students from the partner schools in Slovenia, Poland, and Austria were successfully completed. The main purpose of the workshops was to collect relevant topics, ideas and preferences for the design of the me\_HeLi-D program. Students were involved in creative activities where they had the opportunity to create potential avatars and specific design elements such as buttons or features to track their progress, and they were asked to share their opinions and preferences on feedback forms. The students came up with amazing ideas and creations. Teachers co-led the workshops and provided their professional feedback. We are grateful to all students who were willing to share their creativity, feedback and ideas with us.



Szkola Podstawowa nr 11 z Oddziałami Integracyjnymi



MS Heiligenkreuz am Waasen



Osnovna šola Elvire Vatovec Prade



# EVENTS | OUTLOOK



me\_HeLi-D

## EVENTS

As mentioned above, great importance was also attached to presenting the me\_HeLi-D project to the scientific community and other relevant stakeholders at national and international conferences.

### ISESIA 2023 | Sofia, Bulgaria | May 26-27, 2023

- Information technology specifics of digital mental health literacy promotion
- Tools and digital technologies used for the promotion of mental health literacy in me\_HeLi-D
- Information technology adoption in promoting digital mental health literacy – data usage and specifics

### AUSTRIAN YOUTH RESEARCH CONFERENCE | Innsbruck, Austria | June 22-24, 2023

- Mental Health Literacy und Diversity: Partizipative Entwicklung eines diversitätssensiblen Online-Programms zur Förderung der psychischen Gesundheitskompetenz von Jugendlichen [engl.: Mental health literacy and diversity: Participatory development of a diversity-sensitive online program to promote mental health literacy among young people]

### ECER 2023 | Glasgow, Scotland | August 22-25, 2023

- Participatory Research Methods In The Development Of A Digital Mental Health Promotion Programme For Youth
- Developing a Digital Mental Health Program for Adolescents: Key Takeaways from Digital-based Programs

### CONFERENCE RESEARCH IN EDUCATION | Koper, Slovenia | September 20-21, 2023

- Konceptualna zasnova digitalnega orodja za krepitev duševnega zdravja mladih: integracija znanstvenega in participativnega pristopa [engl.: The conceptualization of a digital tool to enhance the mental health of youth: integration of scientific and participatory approach]

### EPH 2023 | Dublin, Ireland | November 08-11, 2023

- Enhancing help-seeking efficacy in a sustainable and adaptive digital environment

## OUTLOOK

A priority for the coming months is the creation of content, the digital implementation of the design and content in the Moodle environment, and above all, the implementation and analysis of the results from the second round of **PARTICIPATORY WORKSHOPS**, which will take place at the end of December 2023 in Austria, Poland and Slovenia. In the workshops, the students will again have the opportunity to provide valuable feedback, but more importantly, they will be involved in activities where program content is created (e.g. text or sound recordings). The **PILOT STUDY** is planned for the end of the spring semester 2024 and will provide initial findings on the feasibility and efficacy of the program.



**Project lead:** Univ.-Prof. Dr. Barbara Gasteiger-Klicpera  
**Contact:** Franziska Reitegger | [franziska.reitegger@uni-graz.at](mailto:franziska.reitegger@uni-graz.at)

