

me_HeLi-D

Mental Health Literacy and Diversity

Enhancing Mental Health and Resilience through Digital
Resources for Youth

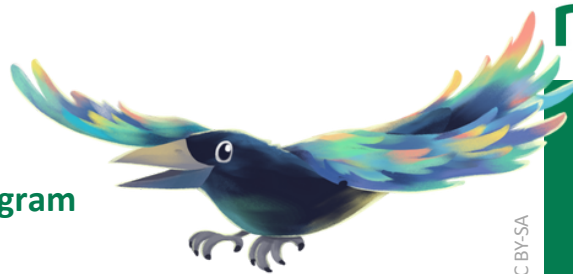
NEWSLETTER #4 | FEBRUARY 2025



PILOT STUDY



me_HeLi-D



Prototyping the me_HeLi-D Program in Partner Schools

A significant milestone has been achieved in the me_HeLi-D project—the successful completion of the pilot study. In January and February 2025, the prototype of the me_HeLi-D program was tested in our partner schools in Austria, Slovenia, and Poland. The pilot study aimed to identify technical challenges, content comprehensibility issues, and assess the feasibility of program implementation.

Approximately 100 students from our partner schools participated, providing valuable feedback on their experience. While Austrian and Slovenian students worked through the program over five weeks, Polish students completed it over two intensive project days, with a one-week gap in between. This variation in implementation underscores the program's flexibility, allowing schools to adapt it to their schedule and needs seamlessly.

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THANK YOU! DANKE! HVALA! DZIĘKUJĘ!



After each session, students completed feedback forms to share their opinions, identified errors and suggestions for further program adjustments. The extensive feedback collected is now being analyzed and will directly inform refinements to the final me_HeLi-D program.



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EVENTS | PUBLICATIONS



me_HeLi-D

CONFERENCES

EPH 2024 | Lisbon, Portugal | November 12-15, 2024

- Wright, M., Reitegger, F., Gasteiger-Klicpera, B., Vidmar, M., Veldin, M., Borzucka-Sitkiewicz, K. (2024). Youth voices: A participatory approach to promoting mental health literacy through digital means. *European Journal of Public Health*, 34(3), ckae144.1704, <https://doi.org/10.1093/eurpub/ckae144.1704>

ISAS 2024 | Istanbul, Turkey | December 6-7, 2024

- Patias, I., Miteva, D., Peltekova, E., Wright, M., & Gasteiger-Klicpera, B. (2024). Leveraging Large Language Models to Enhance Mental Health Literacy and Diversity Awareness in Adolescents: The me_HeLi-D Project. *8th International Symposium on Innovative Approaches in Smart Technologies (ISAS)*, Istanbul, Turkiye, pp. 1-5. <https://doi.org/10.1109/ISAS64331.2024.10845582>

IFO 2025 | Cologne, Germany | 17/02-19/02, 2025

- Digitale Wege zur Förderung der psychischen Gesundheit von Jugendlichen: das me_HeLi-D Programm und erste Ergebnisse aus der Pilotierungsphase [eng. Digital ways to promote the mental health of young people: the me_HeLi-D program and initial results from the pilot phase]

PUBLICATIONS

Detailed insights from our participatory workshops can be found here:

Wright, M., Reitegger, F., Veldin, M., Vidmar, M., Borzucka-Sitkiewicz, K., Gierczyk, M., Kowalczewka-Grabowska, K., Gasteiger-Klicpera, B. (2024). What Makes Me Happy and what Worries Me? A Cross-national Comparison of Stressors and Resources for Stress Relief Among Youth. *Child Indicators Research*. <https://doi.org/10.1007/s12187-024-10194-7>

Vidmar, M., Peras, I., Veldin, M., Wright, M., & Reitegger, F. (2024). Razumevanje perspektive mladih glede predstavitve izobraževalnih vsebin, vključenih v digitalni program za krepitev duševnega zdravja. In Mlekuž, A. and Žagar, I. Ž. (Eds.), *Raziskovanje v vzgoji in izobraževanju: Izobraževanje učiteljic in učiteljev za raziskovalno učenje in poučevanje* (pp. 107-124). Ljubljana: Pedagoški inštitut. <https://doi.org/10.32320/978-961-270-357-8.107-124>



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OUTLOOK | INTERVENTION STUDY



me_HeLi-D

April – June 2025

Following a successful pilot phase, we are now preparing for the me_HeLi-D intervention study, scheduled for **April to June 2025**. This rigorous controlled study will assess the program's effectiveness in promoting mental health among **12- to 15-year-old students** in Austria, Slovenia, and Poland.

Participants will include upper secondary (lower grades) and secondary school students in Austria and primary school students in Slovenia and Poland. Schools will be randomly assigned to either the **intervention group (IG)**, where students will engage with the program, or the **control group (CG)**, where regular school activities continue. After the study, the program will be made available to control group schools, ensuring all participants benefit.

We are currently seeking schools interested in promoting mental health among their students and participating in our study!

What does participation entail?

- Pretest | 1 class period | Students complete an online questionnaire | IG + CG
- me_HeLi-D | 10 sessions (~10 class periods) | Students engage with the program | IG
- Post-test | 1 class period | Students complete an online questionnaire | IG + CG

If you are interested, or if you know someone who might be, please don't hesitate to contact our national teams:

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