



**Press release, June 2023**

**Mobile Mental Health- Training program for enhancing the adoption of mobile health by persons with mental health problems is the result of cooperation for 7 European partners engaged to develop an innovative approach in the mental health field.**

Mobile Mental Health project partnership is glad to announce new European project to find solutions which will support persons with mental health problems to improve their knowledge, skills and attitudes towards mental health self-management supported by health apps and which will make mental health professionals to be aware and learn about these innovative tools for supporting the self-management of their users/patients.

Mobile Mental Health intends to respond to this public mental health challenge by:

- Developing an Experiential Training Methodology for increasing the awareness and competences of people with mental health problems about mHealth, based in a “learning by doing” approach, where they will be involved in self-management situations and will use real mHealth solutions apply to their own personal conditions, in order to get familiar with the processes and technologies in a friendly environment, reducing their concerns and reservations to the mHealth technologies before they can use them in the real world.
- Developing a set of Training Resources for Trainers for enhancing the implementation of the training methodology.
- Developing a set of Training Materials for people with mental health problems for enhancing their successful involvement in the training process and acquisition of competences, adapted to different mental health conditions, socio-economic situation, and cognitive capacities.
- Developing a Digital Training Tool for enhancing the implementation of the training methodology and training people with mental health problems in simulated processes and functionalities related with self-management and mHealth.
- Implement pilot training actions for validating the quality of the training program and its capacity for increasing the competences of people with mental health problems regarding the improvement of their self-management through the adoption of mobile health (mHealth) solutions.
- Increase the awareness of the related stakeholders at national and EU level on the potential of using mHealth for people with mental health problems and commitment with the future exploitation of the training program.

Project leaflet is available in English, Spanish, Romanian, Greek, Slovenian and German:  
[mobile-mental-health.eu](http://mobile-mental-health.eu)

Mobile mental health involves a group of 7 partners, coming from 6 different countries (Romania, Spain, Slovenia, Lithuania, Greece, and Germany):

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To find out more about the Mobile Mental Health project and to get involved in the activities please follow the link <https://mental-mobile-health.eu/>



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