



"MENTAL MOBILE HEALTH" project celebrates midway achievements and sets stage for final implementation phase

Bucharest, Romania

November 11, 2024

The "MENTAL MOBILE HEALTH" project, an Erasmus+ funded initiative aimed at empowering persons with mental health conditions (PMHC) through mobile health (mHealth) solutions, has reached a significant milestone. Spearheaded by Fundatia Estuar in collaboration with international partners from Spain, Slovenia, Lithuania, Germany, Greece, and Romania, the project is on track to deliver transformative resources that will highlight mental health self-management.

Mid-project achievements

Since its launch on January 1st, 2023, "MENTAL MOBILE HEALTH" has made substantial progress in developing and piloting innovative training methodologies. Key achievements to date include:

1. **Experiential training methodology.** The team has successfully designed and tested a comprehensive "learning by doing" approach, where PMHC actively engage with mHealth technologies. Initial feedback from pilot participants highlights increased confidence and digital skills, paving the way for more active self-management.
2. **Digital training tool development.** A user-friendly digital tool has been created, simulating real-world scenarios that PMHC encounter. This tool provides a safe and supportive environment for participants to learn how to use mHealth solutions effectively.
3. **Engagement with stakeholders.** The project engages over 100 mental health professionals, providing resources and training to enhance their ability to support PMHC.
4. **International collaboration.** The cross-border consortium has held multiplier events, workshops and knowledge-sharing events, ensuring that best practices and innovative approaches are shared among partners, from academic research in Germany to social service expertise in Lithuania, Slovenia, Romania and Spain.

Upcoming goals and next steps

As the project enters its final phase, the focus will shift to:

- Expanding pilot programs to reach a larger number of PMHC across Europe, refining the training methodology based on participant feedback.
- Producing a comprehensive set of guides and resources for trainers, tailored to the diverse needs of PMHC and mental health professionals.

- Rolling out extensive awareness and promotion activities to ensure the widespread adoption and sustainability of the project's outcomes.

Quote from project expert

Dana Niculescu, Board Member at Fundatia Estuar, reflects on the project's impact: "Reaching the halfway point of 'MENTAL MOBILE HEALTH' is a testament to the dedication of our consortium and the immense potential of digital transformation in mental health care. We are excited to see how our work is already making a difference, and we are committed to amplifying this impact as we move forward."

Partner Contributions

The project continues to benefit from the diverse expertise of its partners:

- Fundacion C.V. Santos Andres, Santiago y Miguel (Spain): Experts in developing community-based mental health solutions.
- Fundatia Estuar (Romania): pioneers in mental health services and project coordinators.
- SENT – Slovensko Združenje Za Duševno Zdravje (Slovenia): Leaders in non-coercive, community-based mental health practices.
- Mental Health Perspectives (Lithuania): Advocates for human rights and mental health.
- Ruhr-Universitaet Bochum (Germany): Providing research insights into the integration of digital health solutions.
- Innovation Hive (Greece): Specialists in digital learning and social innovation.
- Asociatia Four Change (Romania): Addressing mental health and social challenges in vulnerable communities.

Call for Engagement

The consortium invites mental health professionals, organizations, and the wider public to engage with the project, participate in upcoming events, and explore opportunities to integrate mHealth solutions in their communities.

For more information, updates, or to get involved, visit , <https://mental-mobile-health.eu/>, visit www.estuar.org or contact office@estuar.org .

About Fundatia Estuar: since 1993, Fundatia Estuar has been dedicated to improving the lives of adults with mental health challenges in Romania. through innovative projects and strategic partnerships, Estuar continues to be a leader in promoting social inclusion and well-being.



Funded by
the European Union
