



## **"Mental Mobile Health" Project calls for public engagement: check out our innovative digital training tool for mental health self-management**

Bucharest, Romania

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The "Mental Mobile Health" project, an Erasmus+ funded initiative, is excited to announce the development of its digital training tool, designed to empower persons with mental health conditions (PMHC) to manage their well-being through mobile health (mHealth) solutions. Fundatia Estuar, alongside partners from Spain, Slovenia, Lithuania, Germany, Greece, and Romania, invites the public to explore and provide feedback on this groundbreaking resource.

### Transforming mental health self-management

In response to the rising need for accessible and effective mental health support, "Mental Mobile Health" has developed an innovative digital training tool that help PMHC build confidence and competence in using mHealth technologies. The tool offers interactive features to familiarize users with self-assessment apps, remote monitoring solutions, and communication tools that promote independence and improved mental health management.

### Call to action: experience the digital training tool

We are calling on mental health professionals, individuals with lived experience, researchers, and the general public to engage with the digital training tool. Your feedback will be invaluable in refining this resource and ensuring its relevance and usability for diverse communities across Europe.

### How to get involved:

1. Access the tool: visit <https://mental-mobile-health-training-tool.eu> to explore the digital training tool and learn how mHealth technologies can enhance mental health self-management.
2. Provide feedback: share your experience and suggestions for improvement via our online feedback form, helping us create a more impactful and user-friendly resource.
3. Spread the word: help us raise awareness about the potential of mHealth for mental health by sharing the tool with your network and joining the conversation on social media using #MentalMobileHealth.

### Quote from project direct beneficiaries:

L.I. expert with lived experienced, emphasizes the importance of public involvement: "We believe that community engagement is crucial for the success of our digital training tool. By trying it out and sharing your feedback, you will help us create a more effective resource for persons with mental health conditions, empowering them to take charge of their well-being."

## About the project

"Mental Mobile Health" addresses critical needs in the mental health sector by developing experiential training methodologies that promote the adoption of mHealth technologies. With a focus on digital transformation, inclusion, and high-quality adult learning opportunities, the project is making strides toward a future where PMHC can manage their mental health with greater autonomy and confidence.

## International consortium

The project brings together a diverse and experienced team:

- Fundatia Estuar (Romania): pioneers in mental health services and project coordinators.
- Fundacion C.V. Santos Andres, Santiago y Miguel (Spain): experts in community-based mental health solutions.
- Sent – Slovensko Združenje Za Duševno Zdravje (Slovenia): advocates for non-coercive mental health practices.
- Psichikos Sveikatos Perspektyvos Viesoji Istaiga (Lithuania): leaders in human rights-based mental health initiatives.
- Ruhr-Universitaet Bochum (Germany): specialists in digital health research.
- Innovation Hive (Greece): experts in digital learning tools and social innovation.
- Asociatia Four Change (Romania): focused on social support for vulnerable communities.

## Join us in making a difference

Don't miss the opportunity to be part of this transformative project! Experience the digital training tool today and join our mission to enhance mental health support through digital innovation.

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



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