



JOIN THE EU-PROMENS PROGRAMME

EMPOWERING MENTAL HEALTH PROFESSIONALS ACROSS EUROPE

EU-PROMENS is funded by the EU4Health programme and is a transformative capacity-building initiative designed to elevate mental health expertise across the EU Member States, Norway, Iceland, and Ukraine. Our mission is to foster multi-sectoral collaboration by enhancing the skills of professionals from diverse backgrounds.

EU-PROMENS Multidisciplinary Training Programme is designed toward building cross-sectoral mental health competencies grounded in the Cross-Sectoral Mental Health Competencies Framework.

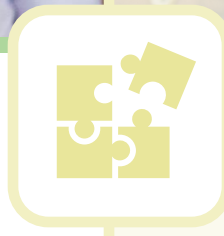
Applicants will undergo a thorough selection process based on the following criteria:

- **Country of residence:** The training programme is open to national participants
- **Core training level of experience:** no minimum level of experience is required
- **Advanced training level of experience:** minimum 5 years of experience are requested to access the course
- **Commitment** to attend the full training programme
- **Willingness to train** others within the organisations post-training



Who should join?

- Health Professionals
- Mental Health Experts
- Social Workers
- Education Workers
- Justice Sector Professionals
- Cross-Sectoral Professionals in interdisciplinary community settings
- Non-Clinical Mental Health Workers such as Peer support or volunteers



Training features

- Interactive workshops and case-based discussions
- Group activities and role-plays
- Real-world scenario simulations
- Peer-to-peer learning and networking
- Digital tools for online engagement



Essential information

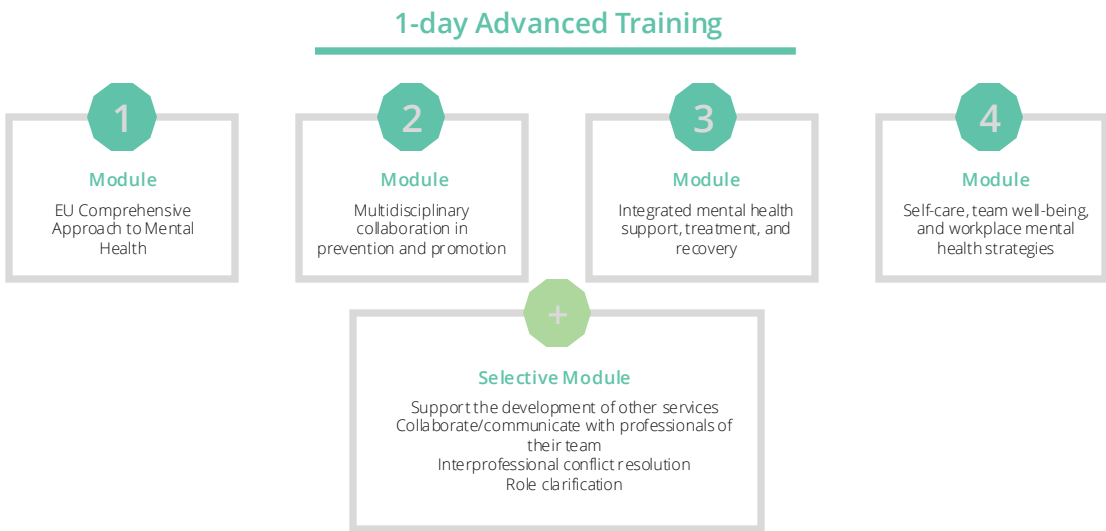
- Trainings are available In-person and Online in national language
- The Costs are fully covered by the project
- A Certificate will be given upon completion

THE MULTIDISCIPLINARY TRAINING PROGRAMME INCLUDES 2 TYPES OF TRAININGS.

YOU CAN APPLY FOR ONE OR BOTH OF THESE TRAININGS:



The 2-day Core training includes 8 modules focusing on foundational mental health competencies and intersectoral mental health collaboration / communication. You will be supported to build foundational mental health competencies, such as helping skills, mental health literacy, and risk assessment, while developing intersectoral collaboration and communication skills and promoting systems thinking for sustainable mental health practices.



Includes 4 advanced modules focusing on multidisciplinary mental health team collaboration and self-care and resilience. You will be supported to expand the understanding of mental health policies and strategies for creating supportive systems, enhance multidisciplinary collaboration, develop advanced teamwork and leadership skills, and strengthen practices that promote selfcare, resilience, and team well-being.



Apply Now!

Enhance your skills and join a network of professionals committed to integrated, person-centred mental health care.

[Register here in English](#) or contact our national partner for applications in your national language.

Our Partner in #Lithuania

The Mental Health Perspective

www.perspektyvos.org

Contact: [Ugnė Grigaitė](#)