me_HeLi-D

Mental Health Literacy and Diversity

Enhancing Mental Health and Resilience through Digital Resources for Youth

NEWSLETTER #5 | OCTOBER 2025

LAST MILESTONES REACHED

me_HeLi-D

Intervention study

April – June 2025

In the summer semester of 2025, the me_HeLi-D program was implemented in a rigorous cluster randomized controlled trial (cRCT) across schools in Austria, Poland, and Slovenia. Time and scheduling constraints posed challenges in recruiting schools; however, Slovenian schools in particular demonstrated strong interest in participating in the program evaluation. In total, 797 students aged 11 to 16 years (*M* = 13) took part, of whom 444 were assigned to the intervention group and tested the program. Data analyses are still underway, but promising and important findings are already beginning to emerge.

A heartfelt THANK YOU to all the committed teachers and students for their invaluable participation in our study!

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4th Partner Meeting

August 27, 2025 | Graz, Austria

The fourth and final on-site partner meeting took place in Graz and was an important opportunity to look back on the accomplishments of the past three years. Together, we reflected on the iterative, participatory process of program development and shared our personal highlights and challenges. Most importantly, we also took time to plan the next steps ahead — including the open-access launch of the program, upcoming publication activities, and possibilities for future collaboration.

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Co-funded by the Erasmus+ Programme of the European Union

EVENTS

me_HeLi-D

CONFERENCES

inPACT 2025 | Budapest, Hungary | April 12-15, 2025

- "Adolescent Well-Being: The Role of Gender, Mental Health Attitudes, and Help-Seeking Behaviors in Slovenian Students" (Veldin, M., Peras, I., & Vidmar, M.)

LICIE 2025 | London, UK| August 7-8, 2025

- "Enhancing Mental Health in Adolescents through the me_HeLi-D Digital Programme: An Intervention Study" (Fredericks, V., Wright, M., Reitegger, F., & Gasteiger-Klicpera, B.)

EARLI 2025 | Graz, Austria| August 25-29, 2025

- Symposium (Uni Graz): "Innovations in Youth Mental Health: Cross-Cultural Digital Approaches"
- Four contributions on program development (Uni Graz, Uni Sofia) and pilot study results (Uni Silesia)

ECER 2025 | Belgrade, Serbia| September 9-12, 2025

- "Engaging Youth in Shaping Diverse and Inclusive Digital Mental Health Programs: Cross-National Perspectives" (Veldin, M., Hochgatterer, L., Borzucka-Sitkiewicz, K., Wright, M., Reitegger, F., & Gasteiger-Klicpera, B.)

ERI's conference 2025 | Ljubljana, Slovenia| September, 2025

- "Subjektivni učinki in odzivi učencev in učenk na pilotno izvedbo programa me_HeLi-D: Pismenost o duševnem zdravju in raznolikost" [eng.: Subjective Effects and Student Responses to the Pilot Implementation of the me_HeLi-D Program: Mental Health Literacy and Diversity] (Veldin, M., Peras, I., & Vidmar, M.)
- "Krepitev pismenosti na področju duševnega zdravja mladostnikov: ugotovitve pilotne izvedbe programa me_HeLi-D" [eng. Enhancing Mental Health Literacy in Adolescents: Findings from the Pilot Implementation of the me_HeLi-D Program] (Veldin, M., Peras, I., & Vidmar, M.)

MULTIPLIER EVENTS

Final dissemination events were held in all partner countries to present the me_HeLi-D project and program to key stakeholders, including in-service and pre-service teachers, school principals, students, researchers, youth and social workers, and Ministry of Education representatives. In Slovenia, preliminary results from the intervention study were also shared.

- **Austria**, Graz | **Forum Inklusion** | June 17, 2025
- **Poland**, Katowice | May 5 and June 23, 2025
- **Slovenia**, Ljubljana (online) | **ERI's final dissemination event** | August 22, 2025

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OUTLOOK

me_HeLi-D

What happens next...?

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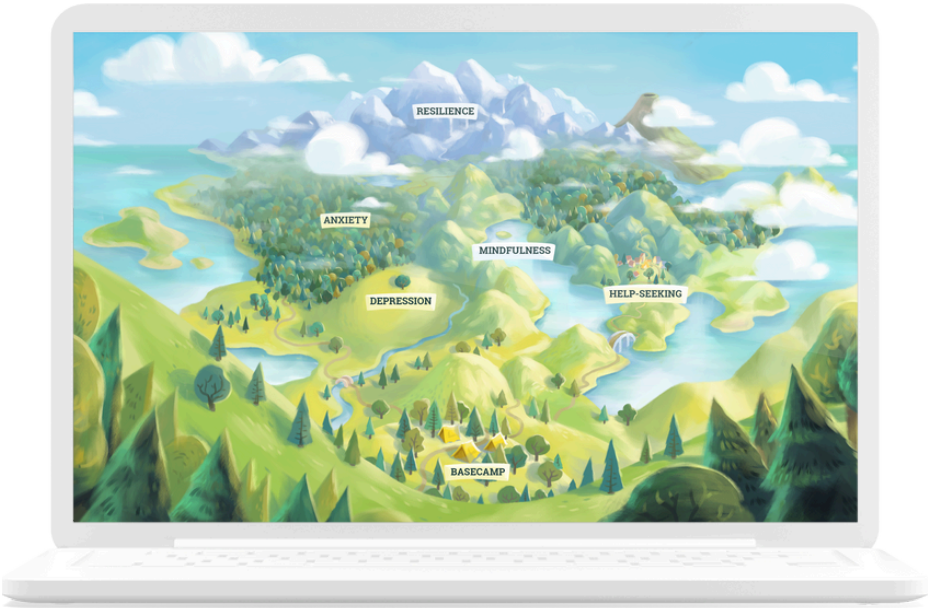
Open-Access Launch



We are excited to announce that the open-access version of our digital program will be launched shortly.

The program is designed to support children and young people in strengthening their mental health and improving their mental health literacy. It does so in a playful and interactive way that can be easily integrated into everyday school life. Across five relevant topic areas, students explore practical tools for building inner strength. A motivating storyline encourages participation and helps transfer new skills into daily routines. Through varied multimedia exercises and quizzes, students learn strategies to cope with challenges, seek help when needed, and develop mental resilience.

The program will be freely available to all schools, making evidence-based mental health promotion accessible to a broad range of students.

- Stay tuned for updates on our website: project.meheli-d.uni-graz.at
- The program itself will soon be available at: meheli-d.uni-graz.at

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