

Study Session Report

MIND THE GAP.

Achieving Mental Health To Facilitate
Muslim Youth Participation



European Youth Centre Budapest ● 7 - 11 March 2022



FEMYSO



COUNCIL OF EUROPE



CONSEIL DE L'EUROPE



This report gives an account of various aspects of the study session. It has been produced by and is the responsibility of the educational team of the study session. It does not represent the official point of view of the Council of Europe.

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Table of Contents

Executive summary	2
1. Introduction	4
1.1. Presentation of the Organisation	5
1.2. Link with the Council of Europe	5
1.3. Background of the Study Session	7
1.4. Aim and Objectives	9
1.5. Profile of Participants	9
2. Program	12
2.1. Overview of Main Discussed Content	13
2.2. Program Flow	15
3. Results and Conclusions	20
3.1. Learning Outcomes for participants	21
3.2. Impact	22
3.3. Evaluation	24
3.4. Recommendations	25
4. Follow-Up Activities	27
Appendices	30



Executive Summary

Mind the Gap!, a study session by FEMYSO, the Forum of European Muslim Youth and Student Organisations, was the first to be organised at the EYCB under post-pandemic restrictions, and the first with a focus on mental health. The intense preparation of the programme and the exhaustive selection process of nearly 250 applications foreshadowed a fruitful and beneficial study session, for participants and organisers alike.

The participants, who brought about the successful event with their active participation, showcased a passion and resolve to reinvigorate, reboot and repair youth work in the wake of Covid-19 restrictions and exclusionary forces that saw a decline in and damage to youth participation across Europe and beyond.

The aim of Mind the Gap! was to bring together youth from diverse minority backgrounds and provide them with adequate tools to engage in the recovery of their communities, find ways to tackle mental health issues and taboos that they encounter in their surroundings as well as raising awareness of their human and social rights.

Bonds that were forged between participants and the organising team saw a Mental Health project take shape beyond the end of the study session; a handbook containing contextualised outtakes from the program to serve as a guideline for any youth organisation looking to integrate the topic of mental health in their communities.



This account gathers and details the pertinent information of Mind the Gap!, including an overview of the organizing entity (FEMYSO), the contribution towards the strategic priorities of the Youth Department of the Council of Europe as well as an outline of the programme and its learning outcomes and results.

The study session was a learning experience for FEMYSO as well, and the organizational outcomes are mentioned in this account. Furthermore, the report presents a set of recommendations regarding mental health awareness that are well to consider in the Youth Sector. Finally, this *compte rendu* showcases a number of follow-up activities that were undertaken by participants in their respective countries.



1

Introduction



1. Introduction

1.1. Presentation of the Organisation

The Forum of European Muslim Youth and Student Organisations (FEMYSO) is a pan-European network of 33 Member Organisations across 20 European countries. It is the voice of Muslim Youth in Europe and is regularly consulted on issues pertaining to Muslim Youth, and has been serving Muslim Youth since 1996.

FEMYSO's vision is to be the leading voice for European Muslim youth, developing and empowering them. Its mission is to be an exemplary European institution, bringing together Muslim youth to network and exchange ideas, developing them to achieve their full potential and working closely with its Member Organisations as well as other partners to build a better Europe for all.

By campaigning for causes that affect youth, networking with NGOs to exchange ideas, representing voices of Muslim youth in a number of institutions and providing trainings to upskill youth, we aspire to build a diverse, cohesive and vibrant Europe!

1.2. Link with Council of Europe

FEMYSO and the Council of Europe have been working strongly together over the last two decades, celebrating a twenty-year cooperation anniversary in 2022. FEMYSO organised its first study session 2002 in the facilities of the EYC (European Youth Centre) Strasbourg. Up until this year in 2022, after delivering a dozen of study sessions, we have always been fascinated by the support the EYCs in Strasbourg and in Budapest provide on different levels to facilitate study sessions, whether of educational, administrative, or logistical nature.



Furthermore, FEMYSO has served seven mandates on the Advisory Council on Youth of the Council of Europe between 2001 and 2022, has supported and disseminated the work of the Council of Europe's various bodies such as ECRI, PACE, the anti-discrimination department as well as the INGO Conference, where FEMYSO has a participatory status.

With this pioneering study session on mental health, FEMYSO aimed to contribute to two strategic priorities of the Youth Department of the Council of Europe. First, to foster young people's access to rights, particularly to equip young people from disadvantaged Muslim communities with practical tools to nurture self-help for themselves, their teams and communities during crisis periods, to tackle issues such as institutional exclusion and public discrimination which indispensably affect their mental health. Second, to contribute to living together in peaceful and inclusive societies by giving a safe-brave space to European Muslim Youth that is internally very diverse yet also subject to intersectional discrimination.

FEMYSO believes that the potential of building peaceful and inclusive societies can be explored more within and outside the European Muslim Youth context. Keeping this in mind, the organisers of the study session hoped to transfer practical tools to Muslim community leaders and representatives to advance the scope of building inclusive societies in Europe. Hence, the cooperation between FEMYSO and the Youth Department of the Council of Europe will remain highly significant for both parties to ensure access to rights for young Muslims and to keep up the work for building inclusive and peaceful societies.



1.3. Background of the Study Session

Young people's access to rights and active participation and inclusion in all stages of decision-making processes are fundamental for a cohesive and striving Europe. However, young activists, especially those of a minority, often face multifaceted struggles in their involvement and societal work. One important challenge is that both children and young people are worldwide struggling with their mental health as a recent UNICEF report and research¹ have demonstrated. This means in the context of youth participation that they cannot effectively advocate for their rights nor ensure their voice to be heard on public matters in many cases.

Furthermore, studies have shown that the effects of the Covid-19 pandemic, are not only disastrous on the economy, education, public health, and mental health, but also on the safeguarding of social and human rights². The wellbeing of youth as well as their participation in the democratic process have been severely impacted and hampered by restrictions related to the pandemic, causing a hiatus in meaningful youth work and meaningful youth participation as well as posing risks of stalled youth-led initiatives that are crucial to societal cohesion.

This is even more evident for young people from minority backgrounds or marginalised groups that not only have to handle their mental wellbeing and tackle institutional barriers but are also faced with the lack of access to resources and taboos surrounding mental health. In the wake of these challenges, FEMYSO has made tackling mental health issues as one of its thematic priorities. It is crucial to normalise the discussion and debunk the misconception around mental health, especially in places where it is not addressed adequately.

¹ Basu, A. Prioritize systemic approaches for young people's mental health. *Nat Hum Behav* 5, 1264–1265 (2021). <https://doi.org/10.1038/s41562-021-01185-7>

² Mijatovic, D. Reform of mental health services: an urgent need and a human rights imperative. Commissioner for Human Rights, Council of Europe, 2021.



In addition to this macro perspective, the preparatory team of the study session interweaved the different experiences of participants, as well as their needs and expectations stated in the application form, into the program outline. This was done through a clustering process, during which the team identified several overarching issues:

- Maintaining and recovering mental health
- Networking, sharing best/worst practices + reaching out to institutions
- Effects of stress and burnouts
- Coping mechanism and self-care tools
- Mind-Body Connection
- History of Mental Health
- Cultural taboos and misconceptions
- Muslim community and safe settings
- Listening – how to deal with people with psychological issues
- Recognizing mental health problems among minority groups
- Campaigning and advocating for mental health

Beyond these challenges, the sudden Russian invasion of Ukraine began merely 10 days ahead of the study session in late February, unavoidably transforming the EYCB to a place where Ukrainian refugees were offered accommodation. These extraordinary circumstances made the participants and organizing team aware of the unpredictable nature of our times which makes a focus on mental health even more a priority.



1.4. Aim and Objectives

The aim of this study session was to bring together youth from diverse minority backgrounds to engage in the recovery of their communities and find ways to tackle mental health issues and taboos surrounding them through education on human and social rights.

Objectives:

- Identify challenges, impacts, and barriers to youth participation in times of crisis: including Islamophobia, Covid-19 and mental health taboos;
- Empower young activists from minority backgrounds to normalise addressing the topic of mental health within their respective communities, especially where it can be stigmatised;
- Equip participants with practical skills and knowledge on human and social rights to utilise to access their rights and ensure their active participation;
- Explore mental health through a psychological framework and support participants' activism and participation through tools for practicing self-care and wellbeing;
- Provide participants with ideas and resources to raise awareness about mental health and youth activism (e.g., through campaigning, advocating, and training) in their communities.

1.5. Profile of Participants

From the rigorous selection process, which saw a high number of 250 applications, 35 youth from various cultural, socioeconomical, educational and professional backgrounds, hailing from Spain to Russia, were selected for the Mind the Gap! Study Session.



A mix of locally anchored young activists and representatives of FEMYSO’s Member Organisations formed the cohort, with both novel and experienced youth workers. All participants were or have been students and were proficient in the English language.

Most of the participants perceive themselves as a Muslim minority in their societies (with exceptions being Turkey and the Balkans) and have dealt with Islamophobia and its effects on the wellbeing of their respective communities. They also identified having experienced cultural misconceptions in their communities with regards to Mental Health.

Map of Attendants



**Albania
Bosnia
Denmark
Finland**

**France
Germany
Gibraltar
Ireland**

**Italy
Netherlands
North
Macedonia
Norway**

**Turkey
Spain
United
Kingdom**





2

Program



2. Program

2.1. Overview of Main Discussed Content

Based on FEMYSO's strategic direction and the participant's clustered ideas, the team worked together with the educational advisor from the Youth Department of the Council of Europe to develop a program that meets the objectives of a study session. Throughout several preparatory meetings, the organising team reduced the number of activities and sharpened the objectives and gave more space to the participants' experience, a key element in experiential learning and non-formal education. In summary, the following topics were discussed during the study session:

- **Once upon a Time – Mental Health from Past to Present**

Setting a minimum standard of historical knowledge of mental health to serve as a basis for the upcoming sessions

- **Exploring Taboos & Misconceptions**

Defining taboo & provide an understanding of cultural differences. Showcase effects of taboos & misconceptions on mental health to consequently motivate change.

- **Make Youth Participation Cool Again!**

Defining youth participation, provide and understanding the mechanics of participation as well as discovering the effects of participation – both on positive and negative

- **How to Deal with Stress**

Helping participants and youth activists identify stressors and together explore how one can handle said stress cycles to live a more balanced life.



- **Mental Health as a Social & Human Right**

Understanding how human rights frameworks work and how they can be used for mental health topics

- **Islamophobia & Mental Health**

Providing an understanding of underdiscussed issues pertaining to Islamophobia such as fear of speaking out, self-censorship & securitisation of mental health, as well as the history of racism in psychology

- **Advocacy & Campaigning to Break Taboos**

Providing tools on how to campaign for a topic of their interest and linked with the current Council of Europe Campaign Democracy Here & Democracy Now

- **Addressing Mental Health in Community Work**

Addressing challenges regarding mental health problems and exploring best practices on how to be a mental health advocate and safe-space creator in the community

- **I can't Hear You! Tips on How to Communicate**

Showing the prism of communication and proposing practical tools for participants to implement in their everyday life based on non-violent communication

- **Decolonization of Mental Health**

Showing how to build an alternative community model for Muslim mental health care based on the rich Islamic tradition of healing

- **Wind Up and Wind Down Session**

Japanese forest baths, warm-ups, yoga stretches and mindfulness exercises acted as soft starters and finishes which eased the introduction and closure of each day



- **Daily Group Reflections**

Through these reflections an atmosphere of social and intercultural learning was created for both participants and facilitators

2.2. Programme Flow

The organising team, with the valuable advice of the Educational Advisor, designed a programme that valued experiential learning from beginning to end, prioritising that a non-formal education approach was reflected in the programme, such as frequent team building, decompressing and reflection evenings.

Monday, 7th of March :

After a playful welcoming evening, the morning section of the first day constituted welcoming the participants to the EYCB and introducing them to the house rules and health protocols, in light of the COVID-19 pandemic. After presenting the work of FEMYSO and the programme of the study session, participants were engaged in a teambuilding activity in which they proceeded to learn about each other, with an overarching aim to create a social space.

The second part of the first day set in motion the first thematic session of the study session, where historical aspects of mental health were elaborated. The participants created historical timelines across several cultural epochs to serve as a basis for approaching the understanding of mental health as a time-bound, cultural and civilizational concept. This helped the participants in the subsequent session to identify mental health notions in their respective, mainly Muslim, communities and how the transformation of said notions into hardened stigmas occur. In this respect, participants debated on their experience of raising mental health problems and gained awareness of differences in perceiving and approaching mental health problems in their local contexts.



The first day was rounded off with an intercultural evening, during which attendants presented a poster showcasing cultural features of their country of residence or origin. Aiming to further intercultural understanding, participants discussed prevalent cultural stereotypes, and a food fair with various local snacks.

Tuesday, 8th of March :

The second day was initiated by a session on youth participation. Using the participation ladder from the Compass, the participants were asked to re-enact the eight stages of said ladder in groups. Next, the participants critically discussed the short acts and reflected upon their own participation in their respective communities. The session was closed with an open discussion on the topic of why do we participate? The aim of this was for each individual to identify underlying motives behind their own participation.

Following the first session, the participants dove into the topic of stress and burn-out. Firstly, they were introduced to the components of stress and identified their own inhibited coping mechanisms while conducting a vulnerable discussion with the whole group. Functional coping mechanisms were then presented, and the participants had the chance to restructure their current weekly schedule into one that could provide enough quality leisure activities to close off their stress cycles.

In the second half of the day the participants had the chance to explore the connection between mental health as a social and human right by engaging in an exercise that entailed prioritizing various human rights and whether it is possible to choose between one right over the other. Furthermore, the European Social Charter was examined, and the question of why mental health isn't mentioned specifically was debated.



The last session of the day consisted of introducing the group project – a mental health booklet. The proposed idea was to create a booklet that contains the key learning points from the study session as well as additional and relevant information. This booklet can then be used amongst FEMYSO's Member Organisations and spread beyond to raise awareness and offer guidelines on how to create a mental health friendly and safe environment.

In the evening, the group had a casual get-together during which the participants performed and evaluated psychometric tests. Afterwards, the portability and interpretation of the tests were critically examined.

Wednesday, 9th of March :

On day three, the participants were allocated two sessions for the booklet and worked in self-assigned groups covering topics such as the history of mental health; terminology and concepts; Muslim activist testimonials; dealing with stress, taboos and stigmas; practices of creating safe spaces; campaigning and advocacy strategy; Islamophobia, sexism, decolonization of mental health; a checklist for Muslim activists; human rights and mental health institutions.

After the working sessions, Dr. Tarek Younis, a senior lecturer in Psychology at Middlesex University, held the first guest appearance with a talk about the racism of and prevalence in mental health. Dr. Younis presented different statistics and science-based concepts such as racialization, colour-blindness and Muslims in psychodynamic theory. The participants then debated relevant questions and case studies to gain a deeper understanding and exchange experiences.

In the last session of the third day the participants learned how to advocate and campaign for their rights in and beyond their communities. After that input they formed regional groups and created outlines for potential campaigns and presented them.



Those campaigns included a campaign against domestic abuse in the Balkans region, a campaign for colourful offices in Scandinavia and a campaign against hijab bans in various sectors in Western Europe.

The day ended with a fun exercise evening with the name Haraka Baraka; there are blessings in exercise. The participants competed in groups against each other in various out of the box games.

Thursday, 10th of March :

The fourth day of the study session started with the session “Decolonizing Mental Health”, and was delivered by the guest speaker Dr. Hooman Kesharavazi - a licensed psychotherapist and expert in Islamic psychology at Ibn Haldun University. In the first section, participants shared their experiences centred around the disinclination of young Muslim activists to not seek help despite the prevalence of mental health challenges. The second part focused on overcoming such barriers by emphasizing the practice of healing through Islamic traditions and contribution to the field of mental health by Muslim scholars. More practically, the expert introduced the activities of Khalil Center – a psychological and spiritual community wellness center based in North America that utilizes faith-based approaches rooted in Islamic theological concepts while integrating evidence-based scientific psychology to address psychological, spiritual, and communal health.

As such, the participants were connected with the founder of an institutional center, gained a resource in supporting their activism through expanding their network and also received training in using non-colonial tools to practice self-care.

The day continued with a role-play based on the “theatre of the oppressed”, inspired by the Council of Europe’s Compass - Manual for Human Rights Education with Young People, through which participants performed “bad stereotypes” of addressing mental health in Muslim communities.

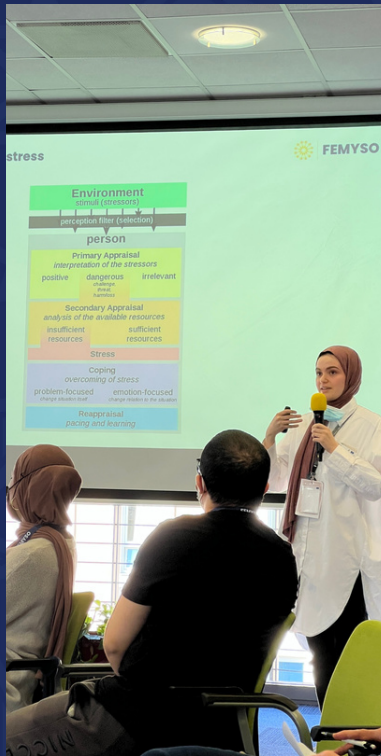


Participants then played a second act and intervened during the performance to improve the initial poor setting by acting according to their expectations of treatment. As a result, participants could reflect on specific actions which are indispensable to creating safe spaces in Muslim communities.

In the afternoon of the fourth day, attendants delved into the topic of improving their communication through group exercises and smaller role plays. Effective communication plays a key role of sustaining and improving the wellbeing of individuals. Hence, this session gave the participants tools to enhance their communication, e.g., by fostering active listening through differentiating between styles of listening and introducing concepts of empathy and non-violent communication. Additionally, the participants received a digital communication toolbox in which they can find hands-on activities to improve peer-to-peer communication in their personal and youth work life. The fourth day ended with a free slot to work on the mental health toolkit.

Friday, 11th of March :

The fifth day last day of the study session started with presenting the progress of the mental health toolkit. Each participant had the opportunity to pitch their contribution in front of other participants, allowing them to debate the feasibility of introduced concepts and receiving feedback on points which can be improved. Silent spectators, comprising of the educational advisors and the organising team, observed the presentations and provided constructive feedback mixed with appreciation. Before noontime and the Friday prayer, participants gained an insight on how to fund their local activities through the European Youth Foundation. An evaluation of the whole week through interactive, digital evaluation activities was also ensured.



3

Results and Conclusions



3. Results and Conclusions

3.1. Learning Outcomes for participants

1. Understanding the history of mental health, recognising the contribution of their own cultural heritage in this history and being able to see its importance as a basis of understanding the concept of decolonization of mental health and cultural misconceptions.
2. Understanding what mental health related taboos in Muslim communities are and looking critically on the effects of such taboos and misconceptions on individuals as well society. Recognising that taboos can be vocalised easier when safe spaces are created. Understanding the importance of addressing topics on mental health consciously in their local communities/organisations.
3. Understanding the concept of youth participation through the participation ladder. On the one hand reflecting on one's own participation and its effect on their mental health and on the other hand recognising the effect of mental health problems on youth participation.
4. Understanding the effects of stress on psychological and biological level. Identifying dysfunctional and functional coping strategies in their own lives. Reflecting on how dysfunctional coping strategies they currently have, can be transformed into functional coping strategies.
5. Understanding how human rights frameworks function and how to access them related to mental health topics while raising awareness of the gap in human rights frameworks regarding mental health issues and the need for change herein.



6. Reflecting on circumstances that affect the mental health of young people in Muslim communities such as generational tensions, lack of safe spaces and Islamophobia.
7. Introspection on communicational skills and building empathy with those who face mental health diseases.
8. Approaching advocacy and ways to campaign on mental health awareness in their local communities.
9. Being introduced to the concepts of non-formal education and experiential learning which foster active participation and personal reflection.

3.2. Impact

As assessed by the facilitators and the participants, the impacts of Mind the Gap! Were as following:

- The study session was deemed as an exemplary representation of a “safe/braver space” in which mental health related topics from the perspective of young Muslim activists could be shared unrestrainedly. Considering the yearlong Covid-19 restrictions which made physical social activities amongst youth almost impossible, the study session offered an opportunity to discuss challenges emerging from the digital interaction within the last two years.
- Many participants learned how to gain and share their insights through methods of non-formal education for the first time. These insights will change their so far (in)formal approach of delivering training sessions in fostering youth participation and organisational mental health measurements.



- Peer-to-peer networking helped developing a broad understanding of mental health and resulted in connections that are still benefitting the participants from organizational and personal aspects to this day.
- The participants successfully took the lead in developing an outline for the group project which was to create a mental health booklet. The booklet compiles following areas: a history of mental health, terminology and concepts, existing taboos and misconceptions, decolonial approaches of healing, daily coping mechanism with stress, creating safe spaces in Muslim communities, sexism, Islamophobia and a list of institutional resources. At the end of the week, the booklet was in an intermediate state. FEMYSO as an organisation will forward the development of the booklet by offering motivated participants further space for ideation, content creation and design.
- The guest speakers, Dr.Tarek Younis and Dr.Hooman Keshavarzi, provided an empirical and research-based contribution to the programme on the topics of racism in mental health as well as the concept of decolonizing mental health. In addition to this, they each brought forth invaluable best practices based on their work with patients and respondents, which the participants ultimately incorporated in the booklet's content.
- Working with the Council of Europe, and particularly with the educational advisor, equipped the preparatory team with invaluable learning experiences. The team refined a better understanding of what a study session entails, how to organize non-formal education activities in the future and how these experiences may be implemented in FEMYSO's work. For example, the team utilized the "Compass and Compasito Manual for Human Rights Education" which future facilitators could make the most of in their work with youth.



3.3. Evaluation

During the study session, a multitude of evaluations were implemented. Each day, a dedicated reflection session with groups of five participants each was facilitated by the organising team, using different methods of reflection such as the Blob Tree and Five Finger Method. Feedback points expressed by the participants were discussed in debriefing sessions among the members of the preparatory team together with the educational advisor. The applicable outcomes of these debriefing sessions were carried out during the remaining programme.

Further, modes of evaluation were:

- 1) an anonymous, physical form intended for qualitative answers,
- 2) a quantitative, anonymous evaluation session with the digital tool Menti generating questions such as “what should we stop/start/continue to do?”
- 3) collective performative reflection session on Friday noon in which emotionally positive as well as triggering experiences throughout the study session could be expressed.

The main findings of the evaluation sessions:

Firstly, participants evaluated the pre-study session experience (application process and information flow) as pleasant and professional, particularly the induction pack. Some mentioned that the information about the study session could have been shared earlier in order to be better prepared. Others expressed that the application process, particularly the extensive form, gave them the opportunity to better reflect on their motivation for participating in the study session.



Secondly, regarding the programme, participants touched on their appreciation for the content and the interactive nature of non-formal education that was utilized as means of delivery. They felt that the outlined objectives of the study session were met. The strong group coherence was an aspect that exceeded their expectations. Participants also found the variation in theoretical and interactive approach refreshing. However, some also brought forward wishes for additional expert-led sessions and more activities outdoors.

Thirdly, some participants wished stronger handling of time, while others appreciated not to be meticulous.

Fourthly, the EYCB facilities were experienced as comfortable and the feedback on the food as well as the drinks were positive. The mask mandate was however expressed as quite challenging.

3.4. Recommendations

Because of the missing link between mental health and the human rights framework, our recommendation to the Youth Department of the Council of Europe would be to introduce and uphold the importance of mental health, particularly in relation to revitalising pluralistic democracy through increased participation of minority youth. This can be achieved through giving priority to activities where alternative coping and healing mechanisms in the aftermath of COVID-19 are discussed. Minority groups are more prone to mental health problems, due to socioeconomic difficulties among other challenges, and have to frequently deal with racism, sexism and Islamophobia on many levels in society. Mental health related activities could render support and foster active citizenship as well as a pluralistic democracy. Most importantly, we acknowledged that chronic mental health problems hinder youth participation. Therefore, we want to emphasize the importance of creating more awareness on mental health throughout activity funding.



In conclusion, it has been an insightful study session which saw a strong non-formal educational fuel critical discussions that empowered and motivated the participants to implement mental health improving activities in their communities. Also, throughout the study session, a great, diverse network of European Muslim youth were shaped to continue the work on the booklet which was introduced as a common project during the study session. FEMYSO will encourage this network as a means to kick-off more initiatives to tackle mental health problems amongst minority youth in Europe and beyond.



4

Follow-Up Activities



4. Follow-Up Activities

During the study session, FEMYSO equipped young European Muslim activists with tools and skills to bring forth a multiplying effect on a community level. In addition to this, the groundwork was laid out for creating a booklet on mental health to be distributed in different languages to our Member Organisations and young activists across Europe and beyond. This project will be part of FEMYSO's thematic portfolio that is being developed to respond to the needs of minorities in Europe and society as a whole.

By the end of the study session, a first draft of the booklet was developed by the participants, touching on a multitude of aspects regarding mental health (e.g. creating safe spaces, communication tools, understanding taboos) and linking it with the challenges faced by Muslim communities in Europe and youth in general.

While most of the work was done during the study session in Budapest, the booklet still needs a significant amount of workload, particularly linking different chapters, proof-reading by specialists and FEMYSO Executive Committee members, and finally designed graphically by FEMYSO's Communications and Marketing department to disseminated through various platforms. It will be accessible to our Member Organisations across Europe and beyond by any youth or NGO. The booklet is aimed to be translated to a dozen European languages to make it accessible for all.

FEMYSO volunteers and members of the preparatory team will continue to lead the booklet project. So far, 14 participants have showcased an interest to develop the booklet in both content and design. The aim is to publish during the autumn of 2022.



Besides this, some of our Member Organisations and local communities from which participants originate have already implemented the learnings and/or are planning activities on mental health. The subsequent local activity organisation is a direct impact of the Mind the Gap! study session; it has contributed with a multiplying effect of raising mental health awareness in and around local communities.

In the Appendix A, you may find activities done, planned or to be organised in the near future by participants in their respective communities.

Appendix A : Aftermath Projects

Local Community : FRI (North Macedonia)

Event/Project : Emotional intelligence training was part of a big project called Youth Mosaic

Date : March – April 2022 - Held 3 times in 3 different cities (Skopje, Kercova, Gostivar)

Outreach : Middle/high school students age range 14-18 years old.

-In Skopje – 50 students

-In Kercova – 20 students

-In Gostivar – 15 students

[https://www.instagram.com/p/Cbneqz5tDV8/?](https://www.instagram.com/p/Cbneqz5tDV8/?igshid=YmMyMTA2M2Y=)

[igshid=YmMyMTA2M2Y=](https://www.instagram.com/p/Cbneqz5tDV8/?igshid=YmMyMTA2M2Y=)



*Emotional intelligence training – FRI
(North Macedonia)*

Local Community : Radio Inspire FM (UK)

Event/Project : Radio show called 'Sister's Peak' Outlining Mind the Gap!

Date : 16.03.2022

Outreach : Couple of thousands listeners – Sisters Speak – Inspire FM



Radio Inspire FM – Sisters Speak (UK)

Local Community : MYG (Gibraltar)

Event/Project : Several workshop will be held looking on a more intersectional and inclusive approach to Mental Health and looking into stigmas and discriminations surrounding mental health issues

Date : Introduction workshop on 21.04.2022 - April 2022

Outreach : 15-25 young people

<https://www.instagram.com/p/CcnNw3bKLbn/?igshid=YmMyMTA2M2Y=>



Mental Health Introduction workshop – Muslim Youth of Gibraltar

Local Community : GUM (Sweden)

Event/Project : Mental Health Crash course from an Islamic perspective

Date : 18.03.2022

Outreach :

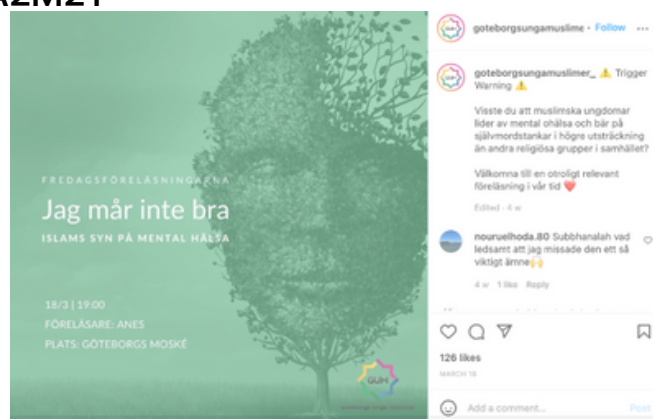
-around 200 youth aged 7-30 attended the physical event.

-30 joined the Insta Live.

-60/40 ratio of women/men

<https://www.instagram.com/p/CbLK8uooqV0/?igshid=YmMyMTA2M2Y=>

[igshid=YmMyMTA2M2Y=](https://www.instagram.com/p/CbLK8uooqV0/?igshid=YmMyMTA2M2Y=)



Göteborgs Unga Muslimer (GUM) – Sweden



Local Community : GUM (Sweden)

Event/Project : A course will be delivered based off of the study session and delivered by a mix of facilitators and professionals

Date : Autumn 2022

Outreach : Focused group of 10 youth aged 18-30. 4-5 sessions. Community leaders/outreach capacity.

Local Community : NUMU (Finland)

Event/Project : a weekend camp training cooperating with mental health professionals and include PoC professionals too.

Date : August 2022

Local Community : Ardhmeria (Albania)

Event/Project : Summer camp with lectures, workshops combining religiosity, mental health and emotional intelligence

Date : Summer 2022

Outreach : Hundreds of high school students

Local Community : Uighur Youth Center (Istanbul)

Event/Project : Talk on mental health with the youth

Date : June 2022

Local Community : Middle East Eye (UK)

Event/Project : Article wrote by one participant on Eating Disorders during Ramadan.

Date : 20.04.2022

Outreach : <https://www.middleeasteye.net/discover/ramadan-eating-disorders-muslims-experience>

Local Community : MSA Nederlands

Event/Project : Livestream on mental health

Date : 27.04.2022

Appendix B : Programme

Mind The Gap Study Session – March 2022									
Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
07:45 – 09:00	Arrival of participants	Breakfast						Departure of participants	
09:00 – 10:30		Wind up							
		Opening & Introduction + Expectations & Programme	Make youth participation cool again!	Group project on mental health booklet	Addressing mental health in community work	Group presentation of the mental health booklet			
		Health Break							
10:30 – 11:00		Team building	How to deal with stress?	Group project on mental health booklet	I can't hear you! How to communicate	Closing & evaluation			
11:00 – 12:30		Prayer + Lunch							
12:30 – 14:00			Once upon a time – Mental health from past to present	Mental health as a social right – The connent to human rights	Islamophobia & mental heath	Decolonization of mental health			
14:00 – 15:30			Health Break + Energizer						
15:30 – 16:00		Exploring taboos & misconceptions	Introduction: Group project on mental health booklet	Advocacy & campaigning for breaking taboos	Group project on mental health booklet	Free afternoon – City visit			
16:00 – 17:30		Health break							
17:30 – 17:45		Participants registration	Group reflection						
17:45 – 18:30			Wind down						
18:30 – 18:45			Prayer + Dinner						
18:45 – 20:00		Welcome evening	Intercultural evening	Movie Night & Discussion	Haraka Baraka – Exercise evening	Free evening			
20:00 – 21:30									



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