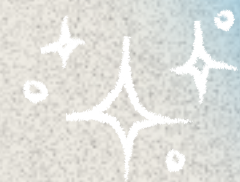




Co-funded by
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MIND MATTERS

Handbook for Mental
Health Support



This booklet is designed as a practical guide for young people who may face emotionally difficult situations or want to support others around them. It offers self-help tools, basic principles of psychological first aid, and clear information on where to seek professional help in different countries. By bringing together national perspectives, it provides both local resources and shared European insights into mental health support.

It was created by participants during the Erasmus+ Youth Exchange “Building Bridges” (Project No. KA152-YOU-A4EBDBD8), held from 20–27 July 2025 in Ochoz u Brna, Czechia.

The project was coordinated by Cesta rozvoje, z.s. (Czechia) together with its partner organizations.

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INSIDE YOU WILL FIND:



PRACTICAL SELF-HELP
TIPS FOR MAINTAINING
MENTAL WELL-BEING



INFORMATION ON CRISIS
HOTLINES AND
PROFESSIONAL SERVICES
AVAILABLE IN EACH
PARTICIPATING COUNTRY



GUIDES TO
PSYCHOLOGICAL FIRST
AID AND SUPPORTIVE
COMMUNICATION



RESOURCES FOR SPECIFIC
SITUATIONS, SUCH AS
DEALING WITH
ADDICTION, RELATIONSHIP
DIFFICULTIES, OR
DOMESTIC VIOLENCE

PRACTICAL SELF-HELP TIPS FOR MENTAL WELL-BEING

Taking care of our mental health starts with small, everyday actions.

These tips are not a replacement for professional help, but they can make a real difference in how we cope with stress, strengthen relationships, and build resilience.

In this chapter, you'll find advice on self-care routines, communication strategies, emotional awareness, and healthy lifestyle habits. Each section reflects what participants considered most useful in daily life — ideas that are easy to try out and adapt to your own needs.



PRACTICAL TOOLS AND METHODS FOR MENTAL HEALTH:

- Physical activity (walking, stretching, sports) – releases endorphins and reduces stress
- Healthy eating – supports mood regulation and energy balance
- Quality sleep – crucial for mental clarity and emotional processing
- Meditation and breathing exercises – reduce anxiety and improve focus
 - Apps:
 - Medito (free and beginner-friendly)
 - Insight Timer – huge library of free guided meditations, music, and talks from mental health experts
 - Moodpath (now called MindDoc) – helps track mood patterns and offers mental health insights
 - Daylio – mood and habit tracker with journaling features, great for emotional awareness
- Engaging in hobbies – helps shift focus and promotes mindfulness
 - Examples: painting, playing an instrument, cooking, gardening
- Limiting social media – reduces anxiety, comparison, and mental overload
 - Tips: reduce screen time, schedule specific usage times
- Journaling – supports emotional processing and reduces stress

Recommended Books:

- The Happiness Trap – Russ Harris
- Self-Compassion – Kristin Neff
- Atomic Habits – James Clear (habit formation for long-term well-being)
- Lost Connections – Johann Hari (explores root causes of depression and anxiety)

Recommended Podcasts:

- The Happiness Lab – Dr. Laurie Santos
- Unlocking Us – Brené Brown
- On Purpose – Jay Shetty (practical tools for mindfulness and personal growth)

Recommended YouTube Channels:

- Therapy in a Nutshell – practical coping strategies and mental health skills
- The Holistic Psychologist – self-healing and emotional awareness
- The Pursuit of Wonder – philosophical reflections and life perspective
- The School of Life – emotional intelligence and psychology insights

PSYCHOLOGICAL FIRST AID GUIDE

First of all, don't ignore the signals.

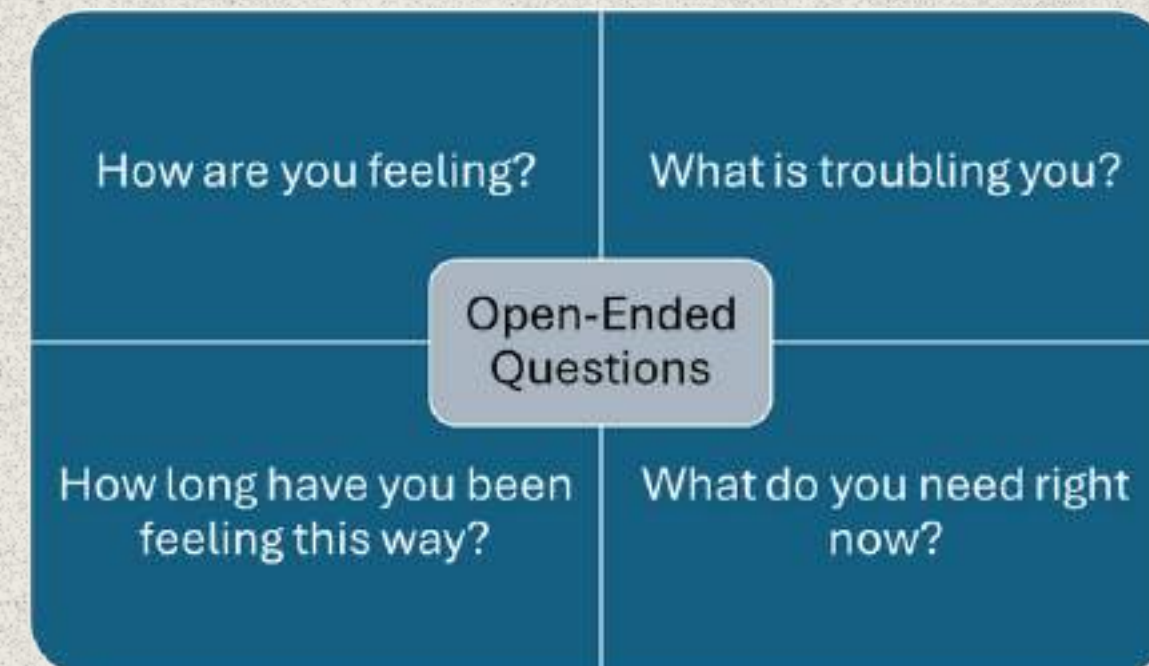
You can help someone who's struggling in simple, meaningful ways. Start with a low-pressure conversation — a gentle “How are you really doing?” can create space for honesty without pressure.

Validation is key. Instead of offering solutions right away, listen and respond with empathy: “That sounds really hard” or “It's okay to feel that way.” Avoid minimizing their experience.

Stay consistent. A simple check-in message or quiet presence can go a long way. You don't need to fix things — just being there matters.

Verbal Communication

Try to gather information about the psychological state of the person in need



PSYCHOLOGICAL FIRST AID GUIDE

Non-Verbal Communication

1. Posture

- Open posture (relaxed shoulders, facing the person) shows confidence and interest.
- Closed posture (crossed arms, turned away) can seem defensive or disinterested.

2. Eye Contact

- Looking someone in the eyes shows you are paying attention and care about what they're saying.
- Too much eye contact can feel intense, while too little may seem like you're not listening.

3. Facial Expressions

- Smiles, raised eyebrows, and a calm expression can show warmth and empathy.
- Frowning or looking bored sends a negative message, even if you don't mean to.

4. Gestures

- Nodding shows agreement or encouragement.
- Using your hands while speaking can help express ideas clearly.
- Avoid pointing or making sharp movements, as they can feel aggressive.

5. Mirroring

- Gently matching the other person's body language can create connection and trust.
- If they lean forward, you can lean in slightly too. If they smile, smile back naturally.

6. Tone and Pace of Voice

- A calm, steady tone shows control and care.
- Speaking too fast can seem anxious or aggressive, while too slow might seem unsure.

7. Personal Space

- Respecting others' space is part of non-verbal respect.
 - Standing too close can feel intrusive.
- Giving enough space helps others feel safe and comfortable.



PSYCHOLOGICAL FIRST AID GUIDE

Do's and Don'ts of Psychological First Aid

Do:

- Active Listening
- Stay calm and be patient
- Encourage but don't pressure them to talk
- Offer comfort and reassurance
- Guide them gently toward professional support if needed

Don't:

- Give unsolicited advice or solutions
- Dismiss their emotions ("It's not that bad")
- Make it about yourself
- Rush the conversation or force answers



HOW TO RESPECT OTHER PEOPLE'S BOUNDARIES

Practice empathetic communication:

Approaching someone's feelings and thoughts with empathy is essential for respecting their boundaries.

- Ask for consent: Especially in matters involving physical contact, personal space, or sensitive topics, clear permission is necessary.
- Accept "no" as a valid answer: Insisting after someone declines something is a form of boundary violation.

HOW TO RESPECT YOUR OWN BOUNDARIES

- Develop self-awareness: Recognizing what you need and what makes you uncomfortable is the first step.
- Communicate clearly: Express your emotions and needs directly and respectfully.
- Say "no" without guilt: It's healthy to say no in order to protect your energy and well-being.



HOW TO RECOGNIZE WHEN SOMEONE SETS A BOUNDARY

Verbal cues: Phrases like “I don’t want to talk about that” or “I’d like to be alone right now” are direct boundary signals.

- Body language: Stepping back, avoiding eye contact, or signs of discomfort can indicate a need for space.
- Behavioral changes: If someone changes the subject or creates distance, they might be setting a boundary.

WHAT TO DO IF YOU REALIZE YOU’VE CROSSED A BOUNDARY

Take responsibility and apologize: Saying something like, “I think I may have crossed a line. I’m sorry,” helps rebuild trust.

- Be open to listening: Try to understand why the boundary matters to the person without becoming defensive.
- Adjust your behavior: Make sure not to repeat the same mistake.



CONNECTING WITH YOUR NEEDS

WHY IT'S IMPORTANT TO KNOW YOUR NEEDS

- better self-care
- improved relationships
- reduced conflict
- emotional health

HOW TO STAY AWARE OF YOUR NEEDS

- Check in with Yourself Daily
- Listen to your body
- Notice repeated feelings
- Set regular "Me time"
- Talk it out if you need

HOW TO COMMUNICATE YOUR NEEDS CLEARLY

- use assertive communication style and listen to other people's needs too
- use "I" statements - I feel (emotion) because I need (need).
- example: I feel overwhelmed because I need some quiet time. Would you be okay with me stepping away for a bit?

TIPS FOR TUNING IN & EXPRESSING NEEDS

- Tips for Tuning In & Expressing Needs
- Pause before reacting
 - Name your emotions and needs
 - Use "I" statements
 - Be direct and respectful
 - Practice with people you trust



WHEN YOU KNOW YOU NEED HELP

EMOTIONAL

Prolonged sadness, anxiety, irritability,
mood swings

BEHAVIORAL

Struggling to focus, study, work, or maintain
relationships because of emotional distress.

COGNITIVE

Trouble focusing, negative self-talk,
hopelessness

PHYSICAL

Sleep problems, changes in appetite,
unexplained aches



WHERE TO FIND HELP

Sometimes self-help tools are not enough, and that's okay. In this part of the booklet, you'll find national hotlines, crisis services, and professional organizations that can offer immediate or long-term support.

These contacts are reliable, confidential, and often available 24/7.

Reaching out for help is not a sign of weakness — it's a step toward safety and recovery.

LITHUANIA

1.How to find help

Lithuania offers many various services with easy access:

- Mental health centers.
(<https://ligoniukasa.lrv.lt/lt/naujienos/psichikos-sveikatos-pagalba-kur-ja-gauti>)
- Help line for women- 24/7 confidential help for women experiencing violence. (Phone number.: 0 800 66366 (free) and you can also text, not only call psychologist there <https://www.pagalbosmoterslinija.lt>)
- Kids line – Confidential support for children and teens. (Tel.: 116 111 (free); Chat: <https://www.vaikulinija.lt>)
- State Child Rights Protection – You can report child abuse (Phone number: 0 800 10 800, Website: <https://vaikoteises.lt>)
- Crisis Management Center – Free psychological support during emotional crises (Website: <https://krizesiveikimas.lt>, phone number: 0 640 51555)
- Youth line – 24/7 emotional support via phone or chat. (Phone number: 8 800 28888; Chat: <https://www.jaunimolinija.lt>)
- Hope line – Support for people of all ages. (Phone number: 116 123)
- Call 112 in life-threatening emergencies.

2.Crisis – suicidal thoughts

If someone is having suicidal thoughts, there are several steps they can take to support themselves during a moment of crisis:

–Talk to Someone Right Away

Reach out to a trusted friend, family member, therapist, or crisis line. You don't have to go through it alone.

–Contact a Crisis Line or Emergency Services

Call or text a suicide prevention hotline or go to the nearest emergency room if you're in immediate danger.

–Remove Access to Harmful Means

If possible, avoid access to weapons, medications, or anything that could be used for self-harm.

–Write Down What You're Feeling

Journaling or expressing emotions through writing can help process overwhelming thoughts and bring clarity.

–Make a Safety Plan

Develop a list of steps to follow when you feel at risk, including people to contact, coping strategies, and safe places to go.

LITHUANIA

3.Romantic relationship problems

Here is a list of services and helplines in Lithuania where people can get help:

–Mental Health Centres

Free psychological support (including couples counseling), every Lithuanian resident with a referral from a GP (family doctor) can use it.

–Family Relations Institute

Paid and partially subsidized counseling services. Individuals, couples, and families across Lithuania can use this.

Contacts:

Address: V. Mykoliaičio–Putino g. 14, Kaunas

Phone: +370 37 220507

Website: www.ssinstitutas.lt

– Youth Line

Free emotional support (not formal therapy, but helpful for relationship stress); it is freely accessible to anyone.

Contacts:

Phone: 0 800 28888 (free 24/7)

Chat: www.jaunimolinija.lt

4.Struggling with addiction

Republican Centre for Addictive Disorders (RCAD) is a healthcare institution, providing medical, psychological, and social services to persons suffering from alcohol, drug, or tobacco addiction.

Phone: 0 5 213 7274

Email: rplc@rplc.lt

Gerosios Vilties str. 3, Vilnius–03147

CROATIA

1. How to find help

Finding a Psychologist or Psychiatrist:

TherapyRoute – Croatia directory: search for licensed psychologists, psychiatrists, therapists and mental-health clinics across the country.

therapyroute.com/therapists/croatia

General psychiatric services:

In Croatia, mental health care is provided through psychiatric hospitals, such as KBC Zagreb.

<https://www.kbc-zagreb.hr/klinika-za-psihijatriju-i-psiholosku-medicinu.aspx>

After hospital discharge, patients typically continue with outpatient monthly psychiatrist visits or group psychotherapy. PMC 2.

Help with Domestic Violence:

National Gender-Based Violence Hotline 116 006:

This free, anonymous, 24-hour helpline supports survivors and witnesses of crime, including domestic or gender-based violence. help.unhcr.org

B.a.B.e. (Women's Rights Organization): Offers support and information for victims of abuse across Croatia. They operate the 0800 200 144 hotline and run websites like stop-nasilju.com.

Plavi Telefon (Blue Phone): Provides emotional support and free counseling for people of all ages. 0800 8800 (Free and anonymous) www.plavi-telefon.hr

Technology can also support emotional well-being and relational growth.

Hrabri Telefon ("Brave Phone") – Croatia's Child Helpline: Available via phone, email, Viber, chat. For children, teens, parents, and professionals. call 116 111 or visit hrabritelefon.hr

Available in Croatian and English. Child Helpline International+4Hrabri telefon+4Child Helpline International+4Portal

2. Crisis

Centar za krizna stanja i prevenciju suicida – KBC Zagreb * 24/7 crisis-intervention center. * Phone: +385 1 2376 335 (or sometimes listed as +385 1 2376 470) * Based in

Zagreb but serves urgent needs across Croatia via emergency admission <https://www.kbc-zagreb.hr/klinika-za-psihijatriju-i-psiholosku-medicinu.aspx> Psihološki

centar Tesa (Psychological Center Tesa) * Broad emotional support and counseling. * Phone: +385 1 4828 888 * Available to anyone in emotional distress

<https://www.tesa.hr/>

CROATIA

3. Romantic Relationship Problems

Speaking with a qualified therapist is one of the most effective ways to address relationship issues. In Croatia, many licensed psychologists, psychotherapists, and marriage counselors offer services in both Croatian and English. You can find licensed professionals through:

Croatian Psychological Chamber (Hrvatska psihološka komora): www.psiholoska-komora.hr

Croatian Association for Psychotherapy (HUPP): www.psihoterapija-hupp.hr

Private practices and clinics in major cities like Zagreb, Split, and Rijeka (e.g., Psihološki centar TESA, Poliklinika za zaštitu djece i mladih Grada Zagreba).

Mental Health Centre Zagreb – Centar za zdravlje mladih: Offers free psychological support for young people (ages 15–25). Website: czm-zagreb.hr

4. Struggling with addiction

– National Addiction & Substance-Use Helpline

If you or someone you care about is struggling with addiction to substances or behaviors (e.g. alcohol, drugs, gambling), you can reach out:

* 0800 2000 70 (landline – free)

* 091 4683 070 (mobile, SMS, WhatsApp, Viber)

* ovisnosti@hzjz.hr (email inquiries)

CZECHIA

1. How to Find Help in the Czech Republic

Mental Health Support: Psychologists & Psychiatrists

If you're struggling with anxiety, depression, trauma, or emotional overload:

- Psychologists provide therapy, emotional support, and diagnosis.
- Psychiatrists are medical doctors who can also prescribe medication.

Where to find mental health care:

- <https://mapapomoci.eu/> – click “Psychologická a psychiatrická pomoc”
- <https://www.nudz.cz/> – National Institute of Mental Health (NUDZ)
- <https://www.terapie.cz/> – Therapist directory
- <https://zeptej.se/> – Chat with psychologists for youth (in Czech only)

Help with Domestic Violence

If you're being abused (physically, emotionally, or sexually), you can get support confidentially and safely.

Where to find help:

- www.mapapomoci.cz – click “Domácí a sexuální násilí”
- Bílý kruh bezpečí (www.bkb.cz) – Free counseling for crime victims
- profem.cz – Center for victims of domestic and sexual violence
- Emergency line: Call 158 (police) or 112 (general emergency)

Child Abuse or Neglect

If you believe a child is in danger, abused, or neglected, it is vital to act.

You can contact:

- Child protection services (OSPOD – The phone number and address depend on the district)

Where to find help:

- www.mapapomoci.cz → “Ohrožené děti”
- www.napalubu.cz – Support for children and youth at risk
- Linka bezpečí – 116 111 – Free, anonymous 24/7 helpline for children (in Czech)

CZECHIA

2. Crisis – Suicidal Thoughts

If you're having suicidal thoughts, please know that you are not alone and there is help available. It's okay to ask for support — there are people who will listen without judgment and help you stay safe.

Immediate Help and Hotlines

- Linka bezpečí – 116 111
- Free, anonymous, 24/7 helpline for children and youth.
- Website: www.linkabezpeci.cz
- Linka první psychické pomoci – 116 123
- Free mental health support for adults in crisis. 24/7, anonymous.
- Website: www.na-rozcesti.cz
- Modrá linka – 608 902 410
- Psychological help and support for youth and adults (weekdays).
- Website: www.modralinka.cz
- Online chat support:
 - www.czdc.cz/podpora/chat – Live chat with crisis counselors (Crisis Centre Prague)
 - www.iporadna.cz – Online counseling and email advice

Crisis Centers

- Visit a Crisis Intervention Center (Krizové centrum) in your region.
- Find one at: www.mapapomoci.cz → select “Krizová centra”

If you're in immediate danger:

Call 112 or go to the nearest hospital emergency room.

CZECHIA

3. Romantic Relationship Problems

Relationships can be hard. If you're struggling with your partner, you don't have to face it alone — support is available for individuals or couples.

Where to Find Support

- Couple Therapy & Relationship Counseling
- Offered by trained therapists and psychologists to help with communication, trust issues, conflict, or separation.

Find a therapist at:

- www.mapapomoci.cz → select “Partnerské a rodinné poradenství”
- www.terapie.cz – Filter by “Párová terapie” (Couples Therapy)
- Family and Marriage Counseling Centers (Poradna pro rodinu, manželství a mezilidské vztahy)
- These public counseling services are often free or low-cost, and available to anyone — couples, families, or individuals.

Example:

- www.rodinne-poradny.cz
- Online Counseling:
- If you're not ready for in-person support, try:
 - www.iporadna.cz – Written advice via email
 - www.elinka.czm – Relationship and family problems (in Czech)

CZECHIA

4. Struggling with Addiction

Addiction is a health issue, not a moral failure. Whether you're struggling with alcohol, drugs, gambling, or digital dependence, there are specialized services that can help.

Where to Find Help

- Drop-In Centers & Addiction Clinics – offer free support, clean materials, counseling, and referrals for detox or treatment.
- K-centers – a facility where a person can turn to if they are dealing with a drug addiction problem

Find services at:

- www.mapapomoci.cz → choose “Závislosti”
- Or directly visit:
 - www.sananim.cz – Prague-based support for various addictions
 - www.podaneruce.cz – Addiction help in Brno and other cities
 - [P-centrum – Olomouc](http://P-centrum-Olomouc) – Addiction (Ostrava, Olomouc)
- Online Programs and Counseling
 - www.adicare.cz – Therapy and support for people with addictions and their families

GREECE

Emergency: Call 112 (European emergency number)

Mental Health Helplines (24/7)

- 1018 – Klimaka (suicide prevention & crisis line)
- 10306 – National mental health line (stress, grief, anxiety, refugees included)
- 197 – Social support line (violence, homelessness, vulnerable adults)
- 1056 – “The Smile of the Child” (children, teens, parents)
- 11528 – LGBTQIA+ support line

Addiction & Gambling Help

- 1145 – KETHEA (substance use)
- 1114 – Gambling support line

For Refugees & Asylum Seekers

- EPAPSY Helpline – multilingual support via phone/WhatsApp (Arabic, Farsi, English, more)



ROMANIA

I. How to Get Help

1. <https://telefonulcopilului.ro>

The Romanian Child Helpline gives free support and talks to kids as well as teens who need help or are in danger. They are there to listen.

2. <https://findahelpline.com/organizations/telverde-antisuicid>

Here is a big list of suicide prevention phone lines in Romania, which give caring help to people who are having a really tough time. You are not alone. Crisis can be overcome.

3. <https://centrulfilia.ro>

There is a feminist group in Romania working to make things fair for everyone, giving help to women facing unfair treatment or violence. They stand for equality. That is their mission.

4. <https://acceptromania.ro>

A Romanian NGO champions LGBTQ+ rights, giving folks legal assistance. Community is key, plus they have resources for those really struggling. They are there to help.

ROMANIA

II. Crisis

5. <https://findahelpline.com/organizations/deprehub-teen-line>

DepreHub runs a helpline just for teens. If you're in a tough spot, they offer a shoulder to cry on. They will guide you.

6. <https://happyminds.ro/en-presentation/>

There is a private clinic in Romania that can help your head. They provide mental health services, psychological help, psychiatric services made just for you, or your family if that is preferred. Don't suffer in silence.

7. <https://share.google/rQQqBUESTHodHQ8tp>

MentalHealthForRomania has a list of emergency numbers, also mental health hotlines, you can find anywhere in the country. It is on Google Drive. Check it out.

8. <https://share.google/rftEyOUtpJUm5iXbs>

There's a shared link with ways to get emotional support. Look on Google Drive for info. It has what you need.

9. <https://share.google/qzWYPPvUo60AAOp3>

The Romanian Alliance for Suicide Prevention is there. They have a hotline, try to get people to understand suicide better, plus they train people to stop it. A worthy cause.

10. <https://happyminds.ro/en-presentation/>

It is just like the one before, so it's listed twice. This clinic helps with your mind, for all sorts of problems. They are ready to assist.

ROMANIA

III. About Romantic Relationship Problems

11. <https://themind.ro/>

Need someone to talk to about your boyfriend or girlfriend? This clinic gives advice for feelings stuff, like when things go wrong in relationships.

12. <https://clinicaaproape.ro/>

This clinic is in Bucharest. They help people with their minds by offering talk therapy plus medicine, if you need it, for one person, two people together, or whole families. They got you covered.

13. <https://clincarenia.ro>

If you are feeling down or fighting with your partner, this place has got your back. This place is for folks going through rough spots. They give therapy to people or couples in a place where you can feel safe to share. A safe space is important.

14. <https://helpingtalks.com>

Feeling lost about love? This website gives you pep talks and helps your brain work better, including when you're having boyfriend or girlfriend drama. You are not alone!

15. 0800 500 333

National HelpLine offers a free phone line. If you are feeling super down or having trouble with people in your life in Romania, call them. They listen.

16. <https://aleg-romania.eu/en/>

This platform is all about your head, how you feel, becoming stronger, with stuff to help you deal with problems between you and others. Life gets hard. It supports you.

17. <https://deprehub.ro>

This platform gives you psychological support. It offers help over the phone, therapy, often tackles feeling bummed out because of relationships, also handles emotional freak-outs. A real help.

ROMANIA

IV. About Struggling with Addictions

18. <http://www.farabariere.ro/>

A Romanian initiative likely focused on breaking down barriers in accessing addiction recovery services (details limited).

19. <https://www.spirits-romania.ro/...>

An educational campaign promoting alcohol-free adolescence and responsible behaviors among Romanian teens.

20. https://alcoholiciianonimi.ro/?utm_source=chatgpt.com

Alcoholics Anonymous Romania – peer-led recovery groups for people overcoming alcohol dependence.

21. https://aliatong.ro/?utm_source=chatgpt.com

A support service for individuals struggling with addiction, including psychological counseling and recovery guidance.

22. <https://www.drogurileucid.ro/>

An NGO aiming to prevent drug use among Romanian youth through education and outreach.

23. <https://socialmed.ro/>

A rehabilitation center providing detox, therapy, and reintegration services for individuals facing addiction.

24. <https://www.tratament-dependenta.ro/centrul-mixt-de-tratament/>

A long-term residential treatment center for alcohol, drug, and gambling addiction with holistic medical and psychological support.

25. <https://recuperareadictii.ro/>

A faith-based recovery center offering addiction rehabilitation by combining Orthodox therapy and structured programs.

TURKEY

Psychologist or Psychiatrist

You can book an appointment with a psychologist or psychiatrist through the MHRS system (government hospitals).

<https://www.mhrs.gov.tr>

- Private platforms like Hiwell, Terappin, and PsikologOfisi also offer online therapy sessions.
- Domestic Violence Support

LO 183 Social Support Line – Free 24/7 hotline for women, children, elderly, and disabled people experiencing violence.

<https://www.aile.gov.tr/alol83>

ADES App – A mobile app that lets women report violence quickly to police using GPS location.

<https://www.kades.gov.tr>

Child Abuse Help

- ALO 183 also works for reporting child abuse or neglect.
- UNICEF Turkey and Child Rights NGOs provide awareness and education.

<https://www.unicef.org/turkiye>



TURKEY

2. Crisis – Suicidal Thoughts

Emergency Numbers

- Call 112 or 182 for emergency mental health help. They can direct you to crisis units in hospitals.

Crisis Support Organizations

- Ruh Sağlığı Derneği (Mental Health Association) offers support and resources.
<https://www.ruhsagligidernegi.org>

- Some platforms like Psikoloji Rehberi or Hiwell offer anonymous chat support for those in crisis.

Online Crisis Support

- Apps like Terappin offer quick access to therapists – even same-day appointments.

TURKEY

3. Romantic Relationship Problems

Family Counseling Centers (ADAM)

- Local municipalities offer free couple counseling through Aile Danışma Merkezleri (ADAM).

Check your city's official website to find one near you.

Online Couple Therapy

- Private platforms like Hiwell, Terappin, and PsikologOfisi offer online couple therapy (usually paid).

ALO 183 Support Line

- You can call for free guidance or referrals for relationship issues or family conflict.

4. Struggling with Addiction

AMATEM – Addiction Treatment Centers

- Government hospitals provide treatment for alcohol, drug, or substance addiction.

Book through MHRS system or call 182.

<https://www.mhrs.gov.tr>

YEDAM – Green Crescent Counseling Center

- Free counseling for alcohol, drugs, gambling, and internet addiction.

<https://www.yedam.org.tr>

YEDAM Hotline: 115 (Free and 24/7)

Addiction Support NCOs

- NCOs like Rehber Association offer support groups, family counseling, and recovery programs.

Mental health is a journey we all share, and none of us should have to walk it alone. This booklet was created by young people to remind their peers that support is always within reach – through self-care, through friends and communities, and through professional help when needed.



Co-funded by
the European Union

We hope these resources inspire you to take care of yourself, to listen with empathy, and to reach out when times get difficult. By looking after our well-being and supporting one another, we build stronger, more compassionate communities across Europe.

Our warm thanks go to all participants and partner organizations, whose dedication and creativity made this booklet possible:

- Cesta rozvoje, z.s. – Czechia (Coordinator)
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- DefiniTely Maybe (Informal Group) – Greece
- Upper Hand Projects – Lithuania
- UDRUGA ZA SURADNJU MLADIH – Croatia
- Dolunay Gençlik Grubu – Türkiye

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