



VOICES OF YOUNG REFUGEES IN EUROPE



## CALL FOR PARTICIPANTS

STUDY SESSION

# Managing mental health as a refugee, asylum seeker and migrant

20- 26 November 2022(arrival and departure days included)  
European Youth Centre in Strasbourg

Voices of young refugees in Europe - [VYRE](#)  
Euro Youth Mental Health - [EYMH](#)

**Applications deadline: 05 October 2022**

## WHO ARE WE?

**VYRE - Voices of Young Refugees in Europe** is an international network created by, with and for young refugees. Its role is indispensable as many young people with refugee background in Europe face discrimination and very often exclusion when it comes to possibilities for participation in the society. A strong network, in which members can share experiences and raise common concerns, acquire new skills and strengthen their capacities, can contribute to Europe with greater knowledge of the reasons for being a refugee and with greater capacity for building social cohesion with intercultural learning as a base.

Since its creation in 2008, **VYRE** has been focusing on the social inclusion of young refugees and on ensuring that they are given a voice to participate actively in society. Since the beginning of 2013, **VYRE** is registered as a legal international network, with over 200 members all over Europe and beyond.

**Euro Youth Mental Health** is the only pan-Europe youth organization that acts in order to raise the voices of young people to promote mental health and prevent the impact of mental health problems in young people. We do this by involving young people across Europe to share their experiences and co-produce research, policy and services locally and internationally. We provide platforms for young people to tell their stories and share their opinions, we lead youth involvement in international projects and deliver training to youth-based organizations at a local and international level.

We believe that involving those with lived experiences in the process and conversation is the key method to promoting mental health and preventing mental health problems from reaching severe consequences for young people and bringing about best-practice and knowledge across borders.

## AIM AND OBJECTIVES OF THE STUDY SESSION

**Aim:** To increase mental health literacy of refugee and migrant youth, people working with them and to advocate for the enjoyment of the right to mental health for these groups.

- to explore the right to (mental) health and its legal framework, and to map challenges in its implementation
- to support and empower young refugees and migrants, and professionals working with them in order to challenge dominant negative narratives surrounding mental health and refugees and migrants
- to promote mental health awareness and the importance of prevention amongst refugee and migrant youth as a group
- to enable refugees and migrants to seek support in the field of mental health from peers and/or professionals
- to share lessons learned and (un)successful experiences among the participants regarding their right to mental health in order to map/document initiatives across Europe addressing mental health for young refugees and migrants;
- to create space for networking and future cooperation among participants, as well as international organisations invited to the study session;
- to initiate a campaign on refugee and migrant mental health, creating positive narratives on the topic of mental health.

## SELECTION OF PARTICIPANTS

The Study Session will take place in Strasbourg, at the European Youth Centre, on 20 (arrival date) – 26 (departure date) November 2022 . It will bring together young refugees and young people working with refugees, regardless if they are **VYRE, EYMH** members or not.

All the applicants must be:

- Based in one of Council of Europe's member-states (exceptions will have to be discussed)
- 18 to 30 (with possible exceptions)
- eager to learn and motivated to explore the topic of the study session and share gained competences (knowledge, skills and attitude) with their communities/organizations
- able to communicate in English
- available to fully participate in study session in Strasbourg (20 - 26 November, travel days included)

Profile of participants:

Please apply if you identify yourself as a:

- young person with migrant/refugee background and/or
- young person with lived experience of forced displacement and/or
- youth worker/trainer working with groups above

***We welcome applications from all candidates who fulfil the specific profile, irrespective of gender, disability, marital or parental status, racial, ethnic or social origin, colour, religion, belief or sexual orientation.***

35 participants will be selected on the basis of the profile outlined above by the Preparatory Team. The team will try to respect the organizations' priorities as far as possible, but also to ensure a geographical balance, gender balance, different types of experiences, cultural backgrounds, organizations, and institutions. The motivation and experiences of the individual participants are among the criteria taken into consideration during the selection process. Selected candidates will be informed by the end of **08 October 2022** . A waiting list may be drawn up.

Deadline for submitting the application is **05 October 2022** the latest.

## COST

The enrolment fee for study sessions is 50€ per participant. The fee is deducted from the reimbursement of travel expenses.

Travel expenses and visas are borne by the Youth Department of the Council of Europe, in accordance with its financial provisions (on presentation of the relevant receipts). Only participants who have attended the entire meeting can be reimbursed. Please note that you are requested to use the most economical route to reach Strasbourg (e.g. economy class air-ticket etc). Board and lodging are provided and paid for by the Youth Department at the European Youth Centre Strasbourg.

[Please click here in order to apply](#)

[APPLICATION FORM](#)

If you would have any questions please send an email to : [vyre.eymh@gmail.com](mailto:vyre.eymh@gmail.com)