

DECEMBER
2022

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NEWSLETTER

TAMUS - Talking About it Makes Us Stronger



TALKING ABOUT IT MAKES US STRONGER



PROGRAMME FOR PARENTS

A programme for parents to help them to facilitate the TAMUS family learning resources; and to support them to better understand emerging mental health trends and concerns which may affect their families.

FAMILY LEARNING TOOLKIT

- A family learning toolkit with:
- comics for young children (aged 8 to 12)
 - smartphone digital magazines for teenagers and young adults (aged 13 to 20)
 - audio books for senior adult learners (aged 65+)

IN-SERVICE TRAINING FOR ADULT AND FAMILY EDUCATORS

Will support adult and community-based educators to deliver training to parents addressing mental health and well-being while also developing their knowledge of mental health issues.

The TAMUS project recognizes the crucial role that families play in our society, and the impact that mental health issues can have on family functioning and individual well-being. With mental health issues affecting a significant proportion of European families, the project aims to provide support and resources to empower parents and promote positive mental health across all family members. By addressing this pressing need, the TAMUS project can contribute to the overall well-being of European society and reduce the economic burden associated with mental illness.



**Co-funded by
the European Union**

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PARTNERS



Jugendförderverein
Parchim / Lütz e.V.
Germany (Parchim)
www.jfv-pch.de



La compagnie du nouveau monde
France (Vernon)
www.compagniedunouveaumonde.fr



CO&SO - Consorzio Per
La Cooperazione E La Solidarieta
Italy (Firenze)
https://coeso.org/



KMOP - Education
and Innovation Hub
Greece (Kifisia)
www.kmop.gr



Enoros Consulting Limited
Cyprus (Nicosia)
www.enoros.com.cy



Storytelle
Portugal (Charneca da
Caparica) www.storytelle.pt



INFODEF
Spain
(Valladolid)
www.infodef.es



The Rural Hub
Ireland
(Carrickmacross)
www.theruralhub.ie

PARTNERS

The partnership formed by entities from Germany, Ireland, France, Italy, Greece, Portugal, Spain, and Cyprus will work together to support mental health in families across Europe. By leveraging the strengths and resources of these countries, the partnership aims to develop comprehensive solutions that empower parents and support the mental health of all family members.

This partnership is particularly important given the impact that mental health issues can have on families. By working together, these partners will develop strategies that take into account unique cultural, social, and economic factors that impact mental health.

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TARGET GROUP

The two primary target groups of the TAMUS project are front-line adult and family education providers and European families – adult learners (parents), senior adult learners (grandparents), young adults, teenagers, and children.



TALKING ABOUT IT MAKES US STRONGER

It's important to prioritize mental health for all family members, as mental well-being can have a significant impact on individual and family functioning, relationships, and overall quality of life.

For more information about the project, visit the website <https://tamusproject.eu/> or contact your local partner.



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