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The TAMUS Project has Officially Started

TAMUS - Talking About It Makes Us Stronger - is a 24-month Erasmus+ project that addresses the need to help European families manage their mental health and empower parents in our communities to promote positive mental health with the youngest and oldest members of their families.

The Erasmus+ TAMUS (Talking About It Makes Us Stronger) project started in September 2022 and will end its lifecycle in August 2024. In the meantime, participating organisations from Germany, Ireland, France, Italy, Greece, Portugal, Spain and Cyprus will work together to achieve a common goal: to support European families to manage their mental health and to empower parents in our communities to promote positive mental health with the youngest and oldest members of their families.

To achieve this goal, the partners will develop the following project outputs: A programme aimed at parents to help them facilitate TAMUS family learning resources; and support them to better understand emerging mental health trends and concerns that may affect their families. Also, a family learning toolkit to be piloted with 10 local families in each country, including resources for children, adolescents and older adults, and finally, an ongoing training programme for adult and community-based educators.

For more information, visit <https://tamusproject.eu/> or contact your local partner at info@ruralhub.ie

Contact the project coordinator

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