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The Erasmus+ Project TAMUS is now underway

TAMUS, short for "Talking About it Makes Us Stronger," is a 24-month initiative aimed at supporting European families in managing their mental health. The project seeks to empower parents within our communities to actively promote positive mental health among the youngest and oldest members of their families.

Utilizing an intergenerational model, TAMUS implements a family learning approach that involves all age groups—children, adolescents, young adults, adults (parents), and elderly grandparents. This inclusive method ensures that age-appropriate teaching materials cater to each family member's educational needs. Moreover, it provides a valuable framework for fostering learning opportunities among all generations living in the same home.

The recently completed Parent Programme (WP2) within the TAMUS Project equips parents to act as family learning facilitators. This involves encouraging family members to engage in conversations about mental health through creative and artistic practices. The program also provides specialized training for parents on mental health-related topics. Simultaneously, the Family Learning Toolkit (WP3) has been finalized, encompassing family-friendly resources such as comic books for younger children (ages 8 to 12), digital magazines for teenagers and young adults (ages 13 to 20), and audio books for older individuals (age 65 and above).

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

Contact your local partner

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