



HORIZON EUROPE PARTNERING EVENT

Digital Mental Health for Youth

Looking for partners – a youth exchange proposal from UA Mental Help

Hanna Radchenko, Grant Specialist · UA Mental Help · NGO / civil society organisation · Ukraine

www.uamentalhelp.org



Who we are

Since 2022, UA Mental Help has built Ukraine's most integrated mental health and psychosocial support (MHPSS) ecosystem – combining immediate crisis response, sustained therapeutic care, and professional workforce development for war-affected Ukrainians, across three pillars: Services, Education, and Research.

37,000+

psychological consultations

27,000+

unique beneficiaries

2.5M+

reached through
psychoeducation

100+

professionals trained

60+

certified specialists

“UAMH changed my life. After giving birth during the war and facing a life-threatening condition with my daughter, I developed an eating disorder. UAMH helped me overcome PTSD and restore a healthy relationship with food.”

– Tetiana Liteplo
UAMH beneficiary

Our work with young people

Brave Together, run in partnership with Maybelline New York, is Ukraine's largest corporate-backed mental health initiative for youth, women in crisis, displaced people, and families of soldiers – combining a 24/7 hotline, an AI-assisted chatbot, and a nationwide education movement.

17,000+

total consultations

25,000+

interactions per year

×6

growth in consultations

4.7/5

avg. client satisfaction

4,500+

Brave Talks participants

10,491

Telegram consultations (16–30)

Brave Talks sessions correlated with a +27% increase in platform consultations.

Digital Mental Health for Youth

UA Mental Help proposes an international exchange on using digital tools to support youth mental health, drawing on our practical experience building youth-focused digital formats: the Brave Talks Digital training, a mobile app for psychological self-help, online counselling, interactive psychoeducational content, and an online-comics concept about mental health.

Participants – youth workers, psychologists, communications specialists, and youth representatives from partner countries – will exchange successful practices, assess the needs of young digital users, and co-develop prototypes of accessible digital products.

- 01 Recommendations on the ethical and safe use of digital tools
- 02 An adapted training module for youth workers
- 03 A series of jointly created digital materials and online comics for young people

Ongoing partnership: Maybelline New York (Brave Together, since 2022). **Seeking:** youth NGOs, digital health innovators and educational institutions in Ukraine, the Baltics, Poland, Canada and the UK.



Contact us

Olga Yudina · Founder · olga.yudina@uamentalhelp.org

Olena Kostyniuk · Head of Development & Partnerships · olena.kostyniuk@uamentalhelp.org

Hanna Radchenko · Grant Specialist · hanna.radchenko@uamentalhelp.org

www.uamentalhelp.org

