

**Interreg  
Danube Region**



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**MEET**

# **MEET digital tool Mindcraft**

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# Awareness raising digital game

Short games about mental health and well-being

Begin now



# What is Mindcraft?



An awareness-raising digital interactive tool which promotes mental health & well-being of young people



Hosted online—free to access, no download or installation required



No need of manual or guide before playing



Available in 11 European languages and in 3 Roma versions

# Target audience



Designed mainly for youth aged 15 to 25



Youth facing stress, bullying, anxiety, etc. but also looking for prevention



It is not a diagnostic tool gathering the data, merely a stepping stone for youth and practitioners who want to start a conversation

# Key features and chapters



Cloudie – a purple cloud character



Composed of 15 interactive chapters the user can navigate at their own pace



Covers mental health-related topics like:

*Stress*

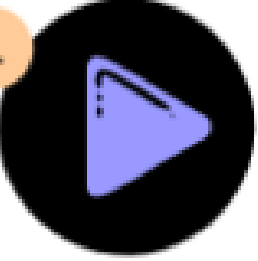
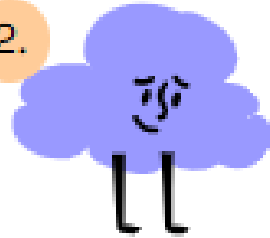
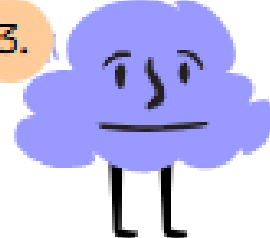




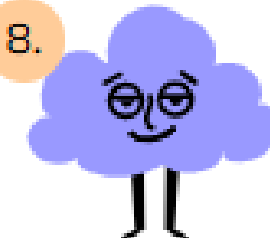
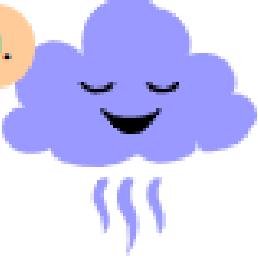

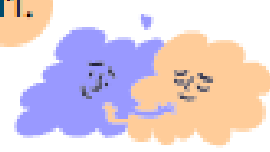



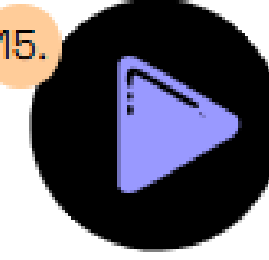
*Bullying*

*Facts and myths about mental health*

*Addictions*

*Relaxation techniques*

*Life and social skills*

1. 	2. 	3. 	4. 	5. 	6. 	7. 	8. 
LET'S GO!	HAPPY AND SAD	STRESS	BULLYING AND BULLIES	BULLIES' MOTIVATION	BULLYING DEFENCE	FACTS AND MYTHS	ADDICTIONS
9. 	10. 	11. 	12. 	13. 	14. 	15. 	
RELAX AND BREATHE	RELAX AND EXERCISE	RELAX AND GET CLOSER	GOOD AND BAD ADVICE	SOCIAL RELATIONSHIPS	LIFE AND SOCIAL SKILLS	YOU DID IT!	

# Gaming elements



*drag and drop*- the player needs to choose some component and choose where to allocate it



*puzzle*- the player needs to choose a correct shape of a puzzle and allocate it to the correct contour








*fact or myth*- the player chooses between two statements and decides whether it is true or false and after deciding the player learns the correct answer



*finding a pair*- the player needs to find 2 cards which are the same

# Educational benefits

-  Offers a safe space for self-reflection and skills practice
-  Blends serious mental-health themes with playful, gamified storytelling
-  Helps internalize lessons through interactive exercises, not just theoretical info
-  Reduces stigma—"It is OK to not be OK."
-  Promotes empathy and recognition of others' emotional need



**<https://www.meetmindcraft.eu/en>**



# **Thank you for your attention!**

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