

TOPSY

Toolbox Mental Health

Funded by resources from Agenda Gesundheitsförderung and the Fonds Gesundes Österreich health funds



Gefördert aus Mitteln der Agenda Gesundheitsförderung und des Fonds Gesundes Österreich

Key Facts

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- **Project lead:** Austrian Children's League
- **Project partner:** Austrian National Youth Council
- **Duration:** 2 years, March 2022 – February 2024
- **Funding institutions:** BMSGPK (Federal Ministry of Social Affairs, Health, Care and Consumer Protection) & FGÖ (Austrian Health Promotion Fund)

Austrian Children's League / Kinderliga TOPSY

- Is an interdisciplinary network with over 120 member organizations from the fields of health care, child welfare, and social integration
- Advocate strongly for the concerns and needs of children and young people, highlight gaps in care, develop solutions, and call for social and political responsibility.
- **Main objective:** The physical, mental, social, and emotional health and protection of children and young people – ensuring a healthy upbringing for all children.



Austrian National Youth Council / Bundesjugendvertretung (BJV)

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- legally established advocacy organization for all children and young people in Austria
- 59 member organizations (children's and youth organizations from all over Austria)
- The board is elected by all members every two years



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Our Project

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Project goals

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awareness-raising, destigmatization, and education on:

Mental health

Psychological crises

Mental illness

Providing practical tools and methods for promoting mental health in work with children and adolescents – **tailored to the needs of each target group**

Sustainable strengthening of psychosocial support structures within:

Out-of-school child and youth work

Healthcare settings

Target group



- **Direct target group:** Individuals primarily without psychosocial training, working in out-of-school youth work and healthcare settings
- **Indirect target group:** Children and young people aged 12 to 25 years

First project year (2022-23)

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- ✓ Desk research
- ✓ Multidisciplinary expert working group
- ✓ **3 focus groups** for need assessment
- ✓ **2 focus groups** for feedback on the toolbox
- ✓ First Stakeholder board meeting
- ✓ **Toolbox available** (both online and in printed form)

Second project year(2023-24)

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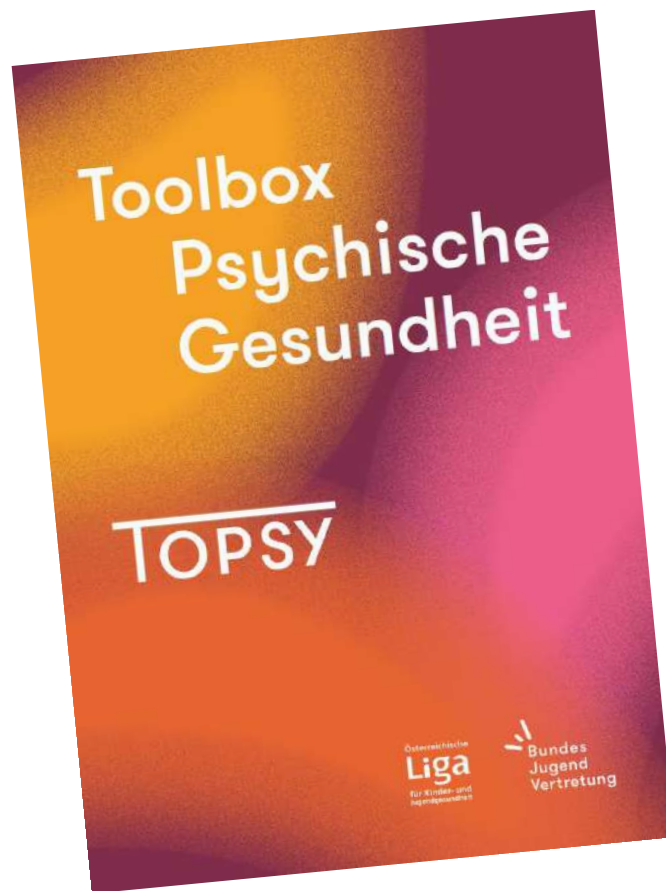
- ✓ **16 multiplier workshops:**
10 in-person in Dornbirn, Feldkirch, Graz, Herzogenburg, Innsbruck, Klagenfurt, twice in Linz, and twice in Vienna
6 held **online**
- ✓ **8 regional networking meetings** for target groups and psychosocial care services:
7 in-person in Graz, Herzogenburg, Innsbruck, Klagenfurt, Linz, Salzburg, and Vienna
1 **online** meeting (for Vorarlberg)
- ✓ Stakeholder board meeting 2

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A look inside

Toolbox Mental Health

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3 modules

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1. **Basic knowledge** of mental health
2. **Practical Knowledge** for different settings
3. **Methods for health promotion** and **self-care**

contact points for further assistance

1. Basic knowledge

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- **Overview of key concepts** related to mental health:
This section explains what mental health includes and how emotional states can influence it.
- **Developmental tasks during adolescence:**
An outline of typical psychological and social challenges young people face during this life stage.
- **How mental illnesses develop and are maintained:**
This is explained using a theoretical model to help understand the mechanisms behind mental health disorders.
- **Mental health disorders in adolescence:**
A brief description of common mental illnesses that may occur during adolescence.

1. Basic knowledge

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- **Resilience, resources, and protective factors** are explained:

This section explores how mental health can be strengthened and how the development of mental illness can be prevented.

- **Recognizing and addressing warning signs:**

Descriptions of typical behavioral or emotional **red flags** in working with adolescents, and **guidance on appropriate responses**.

- **Understanding roles and responsibilities:**

Clarification of who is responsible for what – so you know **which professional experts to turn to** when support is needed.

1. Basic knowledge

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Example: Differentiating Mental Health Professions

Clinical Psychologist

- Path to becoming a clinical psychologist (e.g., list provided by BMSGPK – Federal Ministry of Social Affairs, Health, Care and Consumer Protection)

Psychotherapist

- Path to becoming a psychotherapist (e.g., Clearingstelle für Psychotherapie Niederösterreich or PsyOnline.at)

Child and Adolescent Psychiatrist

- Path to becoming a child and adolescent psychiatrist (e.g., DocFinder.at)

2. Practical Knowledge for different settings

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Knowledge to support you in various situations when working with young people:

- **Tips for starting and conducting conversations:**

Guidance on how to approach and talk with someone who seems to be struggling.

- **Basic emergency knowledge:**

Preparation for handling acute situations that may arise in your work with youth.

- **Addressing societal crises:**

Since current social crises have special relevance for mental health, we offer suggestions on what to pay attention to during group discussions.

2. Practical Knowledge for different settings

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Example: Psychosocial Crisis

The following signs may indicate a psychosocial crisis:

- A stressful external event
- Intense feelings of anxiety, anger, despair, and/or sadness
- Strong mood swings
- Expressions or threats of self-harm or harm to others (e.g., suicide)
- Withdrawal from social contacts or isolation
- Lack of motivation
- Loss of interest in activities
- Aggression or unusual irritability
- Loss of control over one's own actions

3. Methods for health promotion and self-care

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Selected Methods to use in your work with young people

- **Methods for knowledge transfer and raising awareness** about mental health
- **Methods to help young people strengthen their own resources**
- **Methods for self-care** to support yourself

At the beginning of each method description, there is a brief info box to help you determine the right setting and appropriate use.

3. Methods for health promotion and self-care

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Method Example: “What Lifts Me Up”

(10–15 minutes, groups of 2–3 participants)

The young people work in small groups and receive a large sheet of paper and some markers.

They write down:

- **Five tips for things you can do to feel better**
- **Five tips for things to avoid in order to maintain your well-being**

Questions to guide the activity:

- What can you do when you're feeling down to help yourself feel better?
(e.g., meet good friends, listen to favorite music)
- What should you avoid when you're in a bad mood so that you don't feel worse?
(e.g., social media, substance use)

Contacts and support centers

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- Nationwide crisis hotlines and emergency numbers
- Crisis facilities and psychosocial support services

Name	Hilfsangebot	Kontakt	Website
24-Stunden Frauennotruf	Allgemeine Informationen Auflistung von Beratungsstellen Telefonische Beratung (0-24h)	01 71 71 9	wien.gv.at/menschen/ frauen/stichwort/gewalt
Berufsverband Österreichischer PsychologInnen (BÖP)	Allgemeine Informationen E-Mail-Beratung Telefonische Beratung	01 504 8000 helpline@ psychologiehilft.at	boep.or.at
Bundesverband Österreichischer Kinderschutzzentren	Allgemeine Informationen Auflistung von Kinderschutzzentren	0664 887 36 462	oe-kinderschutzzentren.at
die möwe – Kinderschutzzentren Österreich	Allgemeine Informationen Auflistung von Kinderschutzzentren Onlineberatung Telefonische Beratung	01 532 15 15	die-moewe.at
Familienberatung	Allgemeine Informationen Auflistung Familienberatungsstellen	—	familienberatung.gv.at
Feel-ok.at	Auflistung von Beratungsstellen Gesundheitsinformationen für Jugendliche	—	feel-ok.at
Frauenhelpline gegen Gewalt	Auflistung von Beratungsstellen Telefonische Beratung (0-24h)	0800 222 555	frauenhelpline.at

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Workshops

Getting to the toolbox

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Free to download/order here:

<https://www.kinderjugendgesundheit.at/themenschwerpunkte/topsy/topsy-toolbox-psychische-gesundheit/>



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Thank you :)



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