



# NOMO FOMO

## Positive mental health for GEN Z

### NO MORE Fear Of Missing Out

# NEWSLETTER 1

## July 2021

**NOMO FOMO** is a European project funded by the Erasmus+ programme that started in February 2021 and will end in January 2023.

The project brings together 7 different partners from across Europe.

- Future In Perspective Limited, Ireland
- Social Youth Development Civil Nonprofit Society, Greece
- Skills Elevation, Germany
- Solution : Solidarité & Inclusion, France
- Embaixada da Juventude, Portugal
- INNEO, Poland
- Backslash, Spain

### OBJECTIVE

The aim of the NOMO FOMO project is to promote positive mental health for young people through the production of training and resources made available on their smartphone.

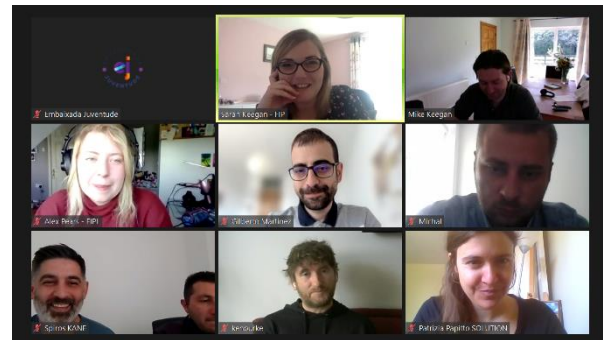
The NOMO FOMO project partners will create 12 interactive infographics each one

addressing one of the key themes associated with FOMO anxiety and stress which directly impact mental health.

Each individual interactive infographic resource will comprise a series of 4 different but related learning elements.

### KICKOFF MEETING

**The first project meeting** was held online on the 27<sup>th</sup> of May and had the objective to plan the work to be carried out by the partners for the next six months of the project.



The partners are now developing the modules of the **NOMO FOMO Toolkit of Interactive Infographic Resources**.

Please check our Facebook page and our website to know more about the project:

- [www.facebook.com/NOMO-FOMO-Project-106445284977426](https://www.facebook.com/NOMO-FOMO-Project-106445284977426)
- [www.nomo-fomo.eu](http://www.nomo-fomo.eu)

