



**NOMO FOMO**  
Positive Mental Health for GEN Z  
NO MORE Fear Of Missing Out

**NEWSLETTER 4**  
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**NOMO FOMO Project Draws to a Close**

Since the beginning of the NOMO FOMO project, partners have been working to develop innovative new approaches to supporting young people and youth workers in our communities to address youth mental health. This work has been particularly impactful when we consider the changes to young people’s lives during the last two years, when this project has been running. In this time, FOMO or the Fear of Missing Out, has transformed and partners now understand FOMO as the Fear of Missed Opportunities, which is something that has impacted young people across Europe, and the world, thanks to the COVID-19 pandemic. While we were told to maintain social distance to protect our loved ones from COVID-19, young people were impacted disproportionately by these social restrictions, and as a result many mental health crises are impacting young people and other age groups today, as a direct result of the pandemic.

Now that the NOMO FOMO project is coming to an end, it gives us a chance to sit back and reflect on our journey in developing and delivering this project during these uncertain times, and to think of key lessons we have learned thanks to this project.

We have learned that young people need self-help resources, like those provided through the Interactive Infographics in NOMO FOMO. This is a vital support in helping young people to take the first step towards managing their well-being and mental health. We also learned that young people are more informed about their mental well-being than they often are given credit for, and so they are well-placed to act as peer leaders and educators in helping other young people in addressing their mental well-being concerns.

Through delivering this peer education programme, we have also seen first-hand in our communities that young people, when supported by youth workers, can be an important voice in raising awareness of youth mental health among young people, and wider in our communities. However, social media continues to have a negative impact on youth well-being, and so there is a need to continue delivering our SmartFeed Training Programme both to young people and to youth workers in our communities.

**Final Meeting, 27th of January, Virginia, Ireland**

On 27<sup>th</sup> January 2023, NOMO FOMO team members met one last time in Virginia, Ireland, for our final project meeting. This meeting gave partners the opportunity to review our work to date in this project, and to plan for our final tasks. A big part of this meeting was reviewing the all learning content on our bespoke MOOC platform, and ensuring that all content had been translated and localised. The MOOC platform is accessible at this link: [www.nomofomomooc.eu](http://www.nomofomomooc.eu)

The meeting also gave partners the opportunity to meet for the final time, and to share our experiences of delivering this important and timely project to young people and youth workers in our 7 partner countries. Through sharing our experiences, partners were able to validate our approaches to addressing youth mental health through the materials developed.



**NOMO FOMO seminars**

To support the national promotion of the Interactive Infographics, the Peer Education Programme for young people and all other project materials, NOMO FOMO partners organised seminars in Germany, France, Spain, Greece, Poland and Portugal to engage young people and youth workers in testing our education materials. In addition, a final conference was also held in Ireland with the same aim. Through these animation events, we were able to present the NOMO FOMO project as a European best practice in supporting youth mental health in the post-pandemic world – something that we are all very proud of.