

Press Release.



Self-harm is a fairly widespread problem faced by young people and often receives negative reactions, because adults, without looking for the real origin of such behavior, label it as manipulation, fashion, the desire to attract attention and many other "reasons". Such stigma increases social exclusion and isolation for young people, the likelihood of depression and can even result in young people committing suicide.

In the new ERASMUS+ project TABER - Tackling Alexithymia to Build Emotional Resilience (No. 2022-1-IT03-KA220-YOU-000085580) we aim to combat these myths and educate professionals working with young people on this topic.

Project TABER sessions will help to better understand what is behind self-harming behavior and how to help young people to strengthen their psychological resilience.



The first face-to-face meeting within the Erasmus+ project TABER, hosted and organized by Cooperativa Duemilauno Agenzia Sociale - CIDR Udine, took place in Trieste, Italy, during 22-24 November 2022.



The first day was devoted to discussing the project's administrative matters, budget allocation, meetings planning, and responsibilities distribution. We had the opportunity to visit Social Cooperative LISTER. The activities of the cooperative were presented, in which various products are made from used items - broken umbrellas, used work clothes, ties, packaging materials, and used awnings are given a second life.

Workshops were held on the following days, during which partners from Italy presented methods of working with young people with mental health problems. Several methods of expressing emotions were presented (expressing emotions by creating a story and depicting it with cut-out figures, writing a letter).

We had the opportunity to get acquainted with the process of deinstitutionalization of people with mental or intellectual disabilities. As a result of deinstitutionalization, large psychiatric hospitals were closed, and services for people with disabilities began to be provided in the community.



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