

# CHILL PILL

NEWSLETTER 1

AUGUST 2024

## Welcome to the Chill Pill Project!

### PROJECT OVERVIEW

The Chill Pill Project is an Erasmus+ funded project that aims to **promote youth well-being and prevent drug use through peer-led interventions and innovative drug education approaches.**

Our project's name was chosen to reflect our goals, with "Chill" emphasising the promotion of positive well-being practices among young individuals, and "Pill" representing a fresh approach to drug education. By engaging young people through peer-led initiatives and support, we aim to prevent substance misuse and foster a healthier future for young people.

Supported by a diverse team of experts in mental health, education, and technology, our project spans from March 2024 to February 2026, during which we aim to create a lasting impact on the lives of young people across 7 countries: Czech Republic, Finland, Germany, Greece, Ireland, Poland and Spain.



## Project Outcomes:

### TOOLKIT FOR YOUNG PEOPLE

One of the core outcomes of the Chill Pill Project is the development of a **Toolkit for Young People**. This toolkit includes a **Peer-led Well-being Coaching Programme** and a set of **Practical Activities for Digital Content Creation**. The toolkit is designed to empower young people to take charge of their well-being, develop valuable skills, and engage with their peers in meaningful ways.

### PROGRAMME FOR YOUTH WORKERS

To ensure the effective delivery of our programmes, we have also developed a **Programme to Enhance the Skills of Youth Workers**. This programme is aimed at equipping youth workers with the necessary skills and knowledge to deliver the project's initiatives and methodologies effectively. Through this programme, youth workers will be better prepared to support young people in their communities.

### HANDBOOK FOR PRACTITIONERS

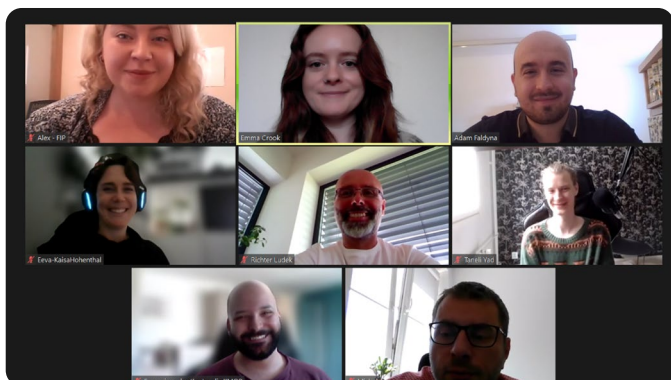
In addition to our direct interventions, we are creating a **Handbook Containing Practitioner Recommendations**. This handbook will provide external youth workers with insights and advice based on the experiences of our project partners and participants in delivering Chill Pill. It is designed to be a practical resource for those looking to implement similar programmes in their own contexts.



## Recent Highlights

### KICK-OFF MEETING: 26TH MARCH 2024

The first meeting of the Chill Pill project was held online on the 26th of March 2024. This brought together all of the project partners and allowed us to discuss goals, strategies, and collaborative efforts that we will make throughout the project. The meeting set the stage for our upcoming work, and we are excited to move forward with a shared vision of improving youth well-being and preventing substance misuse.



## Stay Connected and Get Involved!

To stay up to date with the latest news and developments, make sure to follow us on social media and subscribe to our newsletter. We'll be sharing tips, events, and updates regularly, so you won't miss a thing!

### Follow us on social media:

- Facebook: [ChillPillProject](#)
- Instagram: [@chillpillprojecteu](#)

For more information, visit our website:  
[www.chillpillproject.eu](http://www.chillpillproject.eu)

