

Press release 2

March 2025



CHILL PILL

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The CHILL PILL project continues to gain momentum as it enters its second year of empowering young people and youth workers with tools to promote mental well-being and prevent drug use. After twelve months of close collaboration among partners from seven European countries, CHILL PILL is proud to announce the successful development of its core educational resources and the exciting next phase of local and international activities.

Earlier this year, representatives from all partner organisations gathered in Spain for the project's first transnational meeting. The event provided a valuable opportunity to share progress, gather feedback, and collaboratively plan for the year ahead. During the meeting, partners presented two of the project's cornerstone materials: **a Well-being Coaching Programme** designed for young peer educators, and **a Digital Content Creation Toolkit** that teaches participants how to create powerful short films on mental health and drug awareness. These resources have been shaped through continuous feedback from youth workers, educators, and young people themselves.

The coaching programme and digital toolkit are now undergoing final revisions and will soon be piloted in real-world settings. Pilot sessions are being prepared in each partner country to ensure the materials are not only informative but also relatable, engaging, and effective. Feedback from these sessions will guide final improvements before the resources are launched on CHILL PILL's online learning platform, which is already live in all project languages.

In parallel, the project team has created a practical **Training Programme for Youth Workers**, featuring interactive role-play exercises and modules that build skills in empathy, communication, and resilience. This ensures that youth workers are fully equipped to guide and support young peer coaches within their communities.

To support widespread access and engagement, CHILL PILL has launched a **multilingual website and learning platform**, offering open-access materials for both young people and professionals. Social media channels on Facebook and Instagram keep the public informed and connected, while newsletters and downloadable resources are shared regularly across partner networks.



Looking ahead, the second year of CHILL PILL will be dynamic and action-packed.

Key upcoming activities include:

- **Translation of all key materials** into the project languages
- **Piloting of the MOOC platform and educational resources** in each country, involving youth workers and young participants
- Focus groups to support the creation of **the Practitioner Handbook**
- **Short films** created by young people as part of the learning process, aimed at raising awareness about mental health and drug prevention
- **Multiplier events across Europe** to share results and engage local communities
- Development of the **Sustainability Plan**, ensuring long-term use and impact of the resources

The CHILL PILL project continues to respond to the urgent need for effective, youth-driven drug prevention tools—especially in the wake of COVID-19’s lasting impact on mental health. By training peer coaches, equipping youth workers, and delivering accessible learning tools, the project is paving the way for a more resilient and informed generation.

Chill Pill invites individuals and organizations to join the effort to promote positive mental health and combat drug use among young people. For more information or to get involved, please visit our Instagram [@chillpillprojecteu](#) or [our Facebook page](#).

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