

CHILL PILL



## Press release 3

The Chill Pill project is advancing confidently into its next stage, marking another important milestone in its mission to strengthen mental well-being, empower young people, and promote drug awareness through education, creativity, and peer support. Following the successful creation of its core materials in English, partners from across seven European countries are now focused on testing, refining, and bringing these resources to life with young people in real learning environments.

A major highlight of this phase was the Learning, Teaching, and Training Activity (LTTA) held in Jyväskylä, Finland, from the 23<sup>rd</sup> to the 25<sup>th</sup> of September 2025. During this activity, youth workers from all partner organisations gathered for a dynamic three-day training programme. The LTTA offered hands-on experience with the project's Well-being Coaching Programme and Training Programme for Youth Workers, allowing participants to explore practical tools, role-play scenarios, and coaching techniques that support empathetic communication and resilience building. The event also served as a valuable space for networking and peer exchange, strengthening the project partners' collaborative spirit.

With the English versions of the Well-being Coaching Programme, Digital Content Creation Toolkit, and Training Programme for Youth Workers now finalised, partners have moved into the active implementation phase. Focus groups are currently being conducted in each partner country to validate the materials, gather perspectives from young people and professionals, and ensure that every resource is culturally relevant and engaging.

At the same time, young participants across Europe have started developing short awareness-raising videos, using the Chill Pill Digital Content Creation Toolkit to explore topics such as mental health, coping strategies, peer support, and drug awareness. These creative outputs will contribute not only to the piloting process but also to the project's wider campaign to promote well-being through youth-driven communication.

In the remaining months of 2025, partners will continue piloting the educational resources, refining content based on feedback, and preparing for the release of the



multilingual online learning platform. The Practitioner Handbook is also in development, supported by insights from youth workers as focus group participants. As the project gains visibility, upcoming multiplier events will further disseminate results and foster engagement in local communities across Europe.

Looking ahead, the Chill Pill project is preparing for a major milestone: On 20 February 2026, project partners will meet in Opava, Czech Republic, for the Final Transnational Project Meeting. This closing meeting will be followed by a Final Conference, where the finalised Chill Pill resources will be officially presented, and the youth-created short films will be showcased to stakeholders, educators, youth workers, and community representatives. The event will celebrate the project's achievements and promote the long-term use of its tools across Europe.

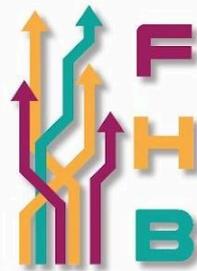
Chill Pill remains committed to addressing the ongoing need for relatable, accessible drug-prevention and well-being initiatives for young people. By empowering peer coaches, supporting youth workers, and encouraging creative expression, the project continues to build a strong foundation for long-term positive impact.

Chill Pill invites individuals and organisations 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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