**The Outreach Campaigns/Action Plans developed and implemented with the UNPBF-funded project on MHPSS of young people:**

**Samarov Aigen- “Increasing awareness and understanding of youth about mental health” (Chui province).** The purpose of the outreach campaign was to raise the awareness of youth about mental health by organising forum-theatres in Sokuluk, Chui province. Mentors organised two trainings on acting skills and two forum-theatres with the participation of young people at the school in Sokuluk. In addition, the performance process was filmed to analyse the nature of the characters and the motives for actions with a psychologist. The review was then posted on social networks to reach more users. In the implementation of the outreach campaign, the initiator worked closely with the psychologist, youth and school administration. In total, the outreach campaign reached 140 people, including 99 women and 41 men, and the video received more than 1200 views.

**Altynai Bazarbai - “Let's take care of mental health together!” (Osh province)”.** Two events were held that supported the sustainability of the self-support groups at the university in Osh, the purpose of which was to popularize the importance of mental health. 20 participants were trained in the methods of conducting self-help groups and the basics of conducting methods in their groups. In addition, a “Corner” was opened at Osh State University called "Birge - Together". More than 40 participants participated in the information meeting/opening of the "Birge" corner, and were introduced to the project, the self-support groups and the importance of supporting their own mental health. This outreach campaign reached 74 people, among which 30 are women and 44 are men.

**Gulzat Ergeshbaeva - "Art therapy as a tool for psychodiagnostics and psychocorrection in the work of social educators and social workers" (Issyk-Kul province)**. As part of the outreach campaign, trainings were held for social counselors of the schools in Bokonbaevo village. A 2-day training on art-therapy gathered school counselors from Ton district with the support of LSG and educational department. After completing this training, the participants held "Mental Health Day" events in schools (or the Mental Health Festival, in the form of an open lesson, first for their fellow teachers, then for schoolchildren). The outreach campaign reached 37 women and 3 men.

**Tashmatov Ernazar - “My life-my choice” (Osh province).** As part of the implementation of the outreach campaign, a 2-day training was held for class teachers and for parents of the secondary school named after Manas in Kara-Suu. The training was aimed at increasing the capacity of teachers to work with children/girls in adolescence. Trained teachers conducted classroom lessons for parents and students on the topic: “Emotion Management”, where teachers can conduct further classroom lessons and improve relationships with teenage schoolgirls. The outreach campaign reached 69 women and 1 man.

**Aidana Madanbekov - "Unheard Voices" (Osh province).** This outreach campaign was aimed at supporting mental health, fighting anxiety and ways to overcome the difficult living conditions of girls and women in the Osh region, Nookat district. 3 events were organized to provide an opportunity for women to work with a clinical psychologist and learn ways to deal with anxiety and high levels of stress. A meeting was organized for the young girls to get to know the role models and engage them as future mentors for useful information and guidance in personal and professional plans. The third event was dedicated to attracting public attention - mentors received an invitation to the live broadcast of "Kutman tan" of the ElTR TV channel to talk about the campaign activities with national coverage. The outreach campaign reached 43 women.

**Abdysheva Altynai Abdyshevna - "In meeting your child" (Osh city).** As part of the outreach campaign “In meeting your child”, 2 events were held in Osh. The first event was dedicated to parents of adolescence on the topic: “Prevention of suicide and psychoactive substances in adolescence”, the purpose of which was to increase the psychological literacy of parents and increase parental competencies through information and analysis of case studies on a relevant topic. The second event was held at OshTU for students on the topic: "Motivation and ways to improve it", where 90 students took part. The outreach campaign reached 102 women and 20 men.

**Yunusov Ulukbek - "Psychosocial health of youth, the key to a brighter future!" (Batken province).** Outreach campaign was held in Batken with the aim of raising awareness about mental health, especially among young people, a topic that is hushed up or not raised. Another feature is that in the process of implementing the campaign, the participants had the opportunity to directly meet with the psychologist during the informational meeting; the psychologist also conducted group mini therapy, and after group music therapy. An information meeting was organized with the Psychologist and mentors on Batken TV to showcase the project and the relevance of this problem, and an open microphone session was held with SSG participants on the local radio of the Salam Media company. Outreach campaign reached 68 women and 149 men.

**Suyunbaev Kairatbek - "Youth of Razzakov" (Batken province).** Outreach campaign was aimed at strengthening family relations, by combating the low level of development of communication skills of young people, the lack of motivation and desire to communicate, intrapersonal conflicts, as well as the elimination of the barrier between adults and youth of the city of Razzakov. "Akyl ordo" (intellectual game including one round on the topic of youth psychology) was held with the participation of young people with the support of the city administration. Filming of a social video has been completed, which shows relationships in the family circle, and all the existing barriers. The script for this video was written and filmed by self-support groups participants. We showed this video during a meeting with parents, since most of the participants wanted to talk with parents with the participation of a psychologist. Outreach campaign reached 178 women and 101 men.

I**braimzhan uulu Zhumabek - "Youth is a positive force for development" (Batken province).** The outreach campaign was aimed at informing young people and local residents about mental health in Ak-Tatyr village and addressing barriers that negatively affect well-being and self-realization in the future. An essay competition among young people was organized on the topic “The impact of mental health on the future of young people”, a video clip “The role of mental health in human life” and a discussion meeting using a theatrical performance on the topic: “The role of mental health in human life”. Outreach campaign reached 104 women and 57 men.

**Kubanychbekova Zhibekzhan - "We are for the bright future of youth." (Batken province).** During the outreach campaign, initiators wanted to convey to the residents, including the older generations and a family member represented by parents, what an important role the relationship of parents as an individual person has for young people. Were held: one-day training for young people on self-development and self-knowledge. Motivational meeting on the topic: "My mental health is the key to success for tomorrow." At this meeting, initiators invited such speakers to positively motivate youth and share their success stories, and to share opinions and cases, how psychological knowledge is also important for the development of a person as a person. Outreach campaign reached 86 women and 19 men.

**IYD (Institute for Youth Development) Volunteers -** **“A Day for yourself: about mental health”.** Within outreach campaign, IYD Volunteers with the support of our partner IYD (Institute of Youth Development) organised an event for youth to raise awareness on mental health. In the format of TEDx, expert psychologst talked about topics related to parents and children's relations, relations with partners, prevention of abuse etc. Participants had an opportunity to attend master classes on yoga, meditation, art-therapy, and at the end a quiz on Kahoot! took place for all interested participants. Outreach campaign reached 81 people, among which 73 women and 8 men.

**IYD Volunteers – “Mental health of young people”.** Within this outreach campaign, IYD volunteers organized several events in Bishkek, Osh and Tokmok cities discussing issues of mental health of young women and men. In Bishkek, 53 participants learned about anxiety, its types, and how to distinguish productive anxiety from unproductive anxiety, and emotional intelligence. In Osh, 20 individuals learned about avoiding conflict situations using emotional intelligence, how to establish common ground with parents, and better understand them. In Tokmok, 28 participants participated in art therapy session. Outreach campaign reached 101 people, including 24 men and 77 women.