



## Universal Preventive Resilience Intervention Globally implemented in schools to improve and promote mental Health for Teenagers



### Why UPRIGHT?



- 1 Adolescence is a crucial period for laying the foundation for healthy development and mental well-being.
- 2 Numerous studies on the prevalence of mental health problems among adolescents indicate an increase over the past decade.
- 3 Adolescents experience pressure to be successful at school and in life.
- 4 Working with resilience is important for adolescents in order to cope with adverse situations and maintain good mental health.



“UPRIGHT refers to resilience as the ability of an individual, family or community to adapt to life challenges or adversities while maintaining mental health and well-being”

Carlota Las Hayas Rodriguez,  
principal investigator of UPRIGHT

### Objectives



To co-create an innovative resilience programme for adolescents, their families and schools.



To validate the effectiveness of the programme in improving resilience and mental well-being.



To provide scientific evidence on specific resilience factors that contribute to promote good mental health and well-being.



**UPRIGHT is a whole school approach including adolescents, their families and the school community in creating a culture of positive mental health by enhancing resilience skills.**



Adolescents have the opportunity to learn diverse skills and strategies to help them understand themselves, their families, their future and their societies. Resilience skills are relevant and meaningful for adolescents, and teachers play a role in helping their students explore them.



UPRIGHT seeks the involvement of parents and the school community to foster adolescent mental well-being. Safe and supportive families are essential if we are to help young people to develop their full potential and attain the best mental and physical health during their transition into adulthood.



The programme will be implemented and evaluated at 5 Pilot sites across Europe, representing different regions and income countries.

## Main components



The UPRIGHT programme is based on four main components; coping, efficacy, social and emotional learning and mindfulness. Each one is important for well-being and is applicable in many areas of life.

## Web platform

The UPRIGHT web platform, [uprightprogram.eu](http://uprightprogram.eu), is an online environment offering access to the UPRIGHT programme materials for families, teachers and school staff and local communities. The material is available in Spanish, Euskara, Italian, Danish, Icelandic and Polish.



Families



School



Community



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