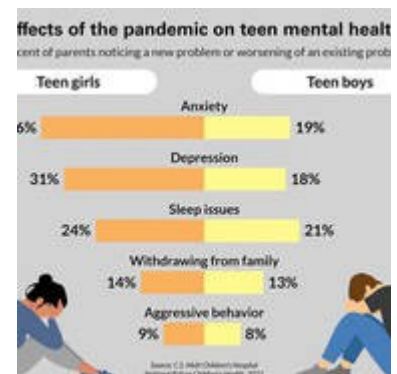


## Dealing with mental health during a pandemic

The project aims to promote student reflection on mental health, depression, anxiety especially during this pandemic. It analyses mental health problems and what may cause them, and the many different kinds of help, treatment and support that are available. It will observe the way the Italian and Austrian students lived and are still living this situation.



### SCHOOLS

Albertus Magnus Gymnasium, Wien, Austria  
I.O.Salvatorelli Moneta Italia



**The situation people all over Europe was really experiencing , something worth to deal with, some ways students could elaborate their feelings of frustration, anxiety, sadness and fear.**

**Un argomento che fosse di comune interesse ,sul quale tutti sia adulti che giovani si stavano interrogando senza trovare facili soluzioni ma del quale era importante un' elaborazione personale e comunitaria. Da qui la scelta del tema della solitudine, ansia e depressione derivante dalla situazione provocata dalla pandemia.**

**The projects aims to promote student reflection on mental health, depression, anxiety, solitude especially during this pandemic. It will observe the way the Italian and Austrian students lived and are still living this situation of pandemic. They will develop their communication skills in particular they will face situations like speaking in front of a camera that requires a fit posture, an attention to the tone of the voice to the rhythm and to the sound .They will improve their critical thinking and constructive criticism.They will work on their ict skills like how to make videos to send them ,how to use the platforms in all the steps. We will work during the last week of April and three times a week during the month of May. The students will work first individually and then they will report in class groups and finally they will have to answer to partner school students' questions loaded on twinspace .Each of two schools involved will send material to the other school in order to be analysed and returned. They will be able to exchange experiences meeting on a platform too.The students wil make a video showing their personal experience during the period of pandemic and consequent lockdown.**