



MINDtheGAP



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YOUR MENTAL HEALTH IS YOUR SUPERPOWER

A European initiative empowering generation Z and workplaces to build resilience, emotional intelligence and mental wellbeing

Generation Z is Entering a Rapidly Changing World

Digital overload, workplace pressure, uncertainty, and constant social expectations are increasingly affecting young people's:

- Mental health • Motivation • Emotional resilience • Workplace connection

At the same time, employers and organizations are struggling to adapt workplace cultures to the evolving needs, expectations, and communication styles of Generation Z. It is time for a new approach.

What is MIND THE GAP?

MIND THE GAP is an Erasmus+ project creating innovative mental wellbeing and resilience tools designed specifically for Generation Z in workplace environments. By combining digital innovation with emotional wellbeing, the project supports:

- Adaptability • Confidence • Emotional resilience • Healthier workplace experiences

What MIND THE GAP Delivers

- Assessment Tools & e-Learning Modules • Dynamic Online Platform • Podcasts & Videos
- Practical Guides for Employers & HR Teams • Digital Toolkits & Good Practices
- AI-based Chatbot Support • Mobile Application

All tools will be pilot tested and validated to ensure they are engaging, effective and relevant.

Why Does It Matter?

Mental health is no longer just a personal issue - it is a workplace priority. Organizations that support wellbeing create:

- Healthier teams • Higher engagement • Stronger resilience • Better communication
- Improved productivity & retention

MIND THE GAP bridges the distance between digital transformation and human wellbeing.

MIND THE GAP – A Project with Long-term Impact

All project results and digital resources will remain freely available until 2033, ensuring sustainable access to mental health support and resilience education across Europe.

Available in: EN • FR • DE • EL • SL • SK • BG • UA • IT

The Team Driving MIND THE GAP

We are a multidisciplinary team with complimentary to each other expertise and professional activities, from eight European organizations.

- ABAKA (France) • MOOVENCY (France) • INTEGRA (Slovenia) • QUALED (Slovakia)
- CONNEXIONS (Greece) • VILNA UKRAYINA (Austria) • Services4Ventures (Bulgaria)
- Ente Bilaterale Veneto (Italy)

Join us. Learn more. Be part of the change.

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 www.mindthegap-genz.eu

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Enriching lives, opening minds.


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Building resilient people.

Creating healthier workplaces.

Shaping the future of work.

