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HRIC PROJECT

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European Research Report Now Published!



- The HRIC Consortium is proud to present the European Research Report, a comprehensive, transnational analysis created through the joint efforts of all project partners.
- Rather than separate reports for each country, partners from Italy, Portugal, Slovenia, and Croatia contributed national-level research, which was merged into one unified European study. This collective work allowed us to assess, compare, and map how Education Through Sport (ETS) and psychological support are being applied to address youth mental health challenges across Europe.

What makes this report unique?

- ✓ Combines field research from multiple countries into a single European-wide assessment
- ✓ Highlights best practices, common challenges, and opportunities for cross-sector synergy
- ✓ Provides the scientific foundation used to design the HRIC Training Format and educational tools
- ✓ Offers clear guidelines to better connect sport and mental health for vulnerable youth (aged 16–30)

⚽ Free to access on the HRIC Project Website ⚽ Translated in all partner languages ⚽

