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HRIC PROJECT

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## Holistic sport-based Rehabilitation programmes to support youth impacted by Covid-19 (HRIC)



### Project Handbook

The HRIC partner consortium has just released the HRIC Handbook — a multilingual tool combining mental health and sports programmes for young people aged 16–30 facing anxiety, depression, PTSD, and stress.

Over the past months, partners gathered participant insights and local experiences to develop practical activities and guidelines for sport coaches, social workers, youth organizations, and educators.

This Handbook offers:

- ✓ Mental health and sports programmes tailored to youth needs
- ✓ Local activities designed to enhance emotional resilience and social skills
- ✓ Practical tools for coaches and staff to better support vulnerable youth
- ✓ Strategies for creating synergies between the sports and social service sectors

Whether you're working on the field, in a classroom, or within community outreach, this Handbook is designed to bridge the gap between physical activity and mental well-being, promoting inclusive and supportive environments for young people.

🔍 Ready to explore?

💡 Dive into the Handbook and discover how Education Through Sport can change lives.

