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JOIN THE EU-PROMENS PROGRAMME

## EMPOWERING MENTAL HEALTH PROFESSIONALS ACROSS EUROPE

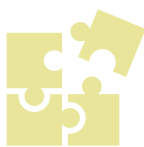
National Training Programme in Bulgaria

EU-PROMENS is funded by the EU4Health programme and is a transformative capacity-building initiative designed to elevate mental health expertise across the EU Member States, Norway, Iceland, and Ukraine. Our mission is to foster multi-sectoral collaboration by enhancing the skills of professionals from diverse backgrounds.



### Who should join?

- Health Professionals
- Mental Health Experts
- Social Workers
- Education Workers
- Justice Sector Professionals
- Cross-Sectoral Professionals in interdisciplinary community settings
- Non-Clinical Mental Health Workers such as Peer support or volunteers



### Training features

- Interactive workshops and case-based discussions
- Group activities and role-plays
- Real-world scenario simulations
- Peer-to-peer learning and networking
- Digital tools for online engagement



### Essential information

- Trainings are available **in-person and online** in national language
- The Costs are fully covered by the project
- A Certificate will be given upon completion

Sign-up to our 2-hour online info workshop to know more about the training. The workshop will be conducted in national language: **24 February 2026 - 11:00 to 13:00 local time**

<https://us06web.zoom.us/meeting/register/aD8bUPSaQT-7XoiAUZdnVQ>

Registration to the Training Programme is open from 9 February 2026.

THE MULTIDISCIPLINARY TRAINING PROGRAMME INCLUDES 2 TYPES OF TRAININGS.

YOU CAN APPLY FOR ONE OR BOTH OF THESE TRAININGS:

2-day Core Training

Modules to be confirmed



March and April 2026

- 1. March 26–27 – **Kardzhali**
- 2. April 2–3 – **Sofia**
- 3. April 23–24 – **Online**

The 2-day Core training includes 8 modules focusing on foundational mental health competencies and intersectoral mental health collaboration / communication. You will be supported to build foundational mental health competencies, such as helping skills, mental health literacy, and risk assessment, while developing intersectoral collaboration and communication skills and promoting systems thinking for sustainable mental health practices.

1-day Advanced Training

Modules to be confirmed



March and April 2026

- 1. March 28 – **Kardzhali**
- 2. April 4 – **Sofia**
- 3. April 25 – **Online**

Includes 4 advanced modules focusing on multidisciplinary mental health team collaboration and self-care and resilience. You will be supported to expand the understanding of mental health policies and strategies for creating supportive systems, enhance multidisciplinary collaboration, develop advanced teamwork and leadership skills, and strengthen practices that promote self-care, resilience, and team well-being.



Apply Now!

<https://eu-promens.eu/training-bulgaria-1-bg>

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Our Partner in Bulgaria:



<https://prcare.bg/en/home-2/>