

## STATEMENTS ON WELL - BEING IN VET

### Introduction

Many policies, initiative and projects are underway in Europe and around the world towards the well-being of students. We think that the vision of Learning in VET for well-being offers the process for bringing together this diversity of efforts through mutually reinforcing activities directed towards a common language and with a view to developing shared measurement system and education.

To be and to stay well-being and mental health is a competence that requires knowledge about live at all stage of live. As we know many people/children/students do not have access to healthy and /or deal with health issues on a daily basis. Many students do not have access to health education or basic education, and this needs to be tackled.

Vocational training and health linked through the 4 mains perspectives indicated below:

- Mental health education in VET
- Health in e-literacy
- Mental Health resources
- Health and poverty

This paper is based on a consultation of EfVET members in Europe that are VET (Vocational Education Training) providers, and based on some further research and project sources.

### **Mental health education in VET**

Psychological distress and mental health problems are the leading cause for work absenteeism in the EU as well as a growing source of productivity loss in many EU countries. This trend can already be observed in children and teenagers. Dropping out is one of the major challenges in secondary vocational education and it has a strong association to mental health problems. Governments in the EU are now recognizing the importance of mental wellbeing to society. Interest towards mental wellbeing of students and the college community has grown. Research shows that mental health promotion programs can be effective in equipping people with the skills necessary to avoid or deal with mental distress. Training mental wellbeing skills for the students in VET has been limited.

### **Mental Health resources**

Many student needs help. Health and well-being as direct benefits of VET. Therefore, that many students/people cannot even imagine telling about their problem or personal lives and feelings to a strange can also make it harder to seek help. Mental health resources will renew and wear out - We build and use them throughout our whole lives.

### **CHARACTERISTICS OF GOOD MENTAL HEALTH**

- The ability to look after your own needs that are commensurate with your age group
- Functional interaction skills
- The ability and desire to work, go to school, enjoy free time activities and learn





## European Forum of Technical and Vocational Education and Training

- The ability and will to participate in decision-making in your own life
- Self-esteem
- The desire and will to take others into consideration
- Sufficient control of emotions
- Good stress management
- A realistic view of the self as a mental, physical and social being.

Mental health skills include for example emotional and awareness skills, life skills, as well as interpersonal and problem solving skills.

## Health and Poverty

It is important to underline that the health is also linked to poverty. Many people are living in poverty find themselves more out of the system. In some countries 2% or even more % of the population cannot pay for social security. Access to health provision, as access to healthcare has become more difficult for the poorer/migrants populations. This is the best way to prevent diseases and illnesses. Students is the most efficient and low cost way to ensure this.

It is important to relate health education to cross-cutting issues. The health education needs to be implemented in the policy agendas on fighting poverty, developing human rights and improving social justice.

## Conclusion

Well-being in VET has high outputs of increased health level of the population and lower costs of colleges systems, work better, and longer. We need to do more in order to ensure that students have access to health literacy courses and can take care of their health. Health education is even more crucial in times of the Internet- based consultations that create tendencies to self-diagnoses.

