

**Interreg
Danube Region**



Co-funded by
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MEET

MEET digital tools

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<https://www.meetmindcraft.eu>



Awareness raising digital game

Short games about mental health and well-being

[Begin now](#)



What is Mindcraft?



An awareness-raising digital interactive tool which promotes mental health & well-being of young people



Hosted online—free to access, no download or installation required



No need of manual or guide before playing



Available in 11 European languages and in 3 Roma versions



Target audience



Designed mainly for youth aged 15 to 25



Youth facing stress, bullying, anxiety, etc. but also looking for prevention



It is not a diagnostic tool gathering the data, merely a stepping stone for youth and practitioners who want to start a conversation

Key features and chapters



Cloudie – a purple cloud character



Composed of 15 interactive chapters the user can navigate at their own pace



Covers mental health-related topics like:

Stress

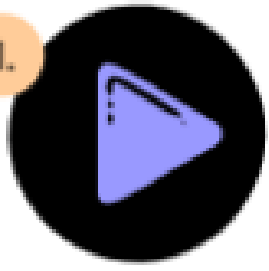






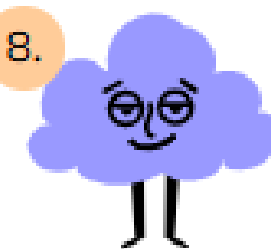






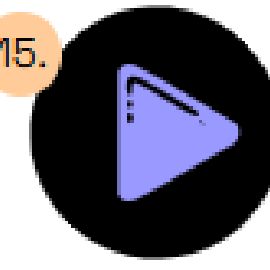
Bullying

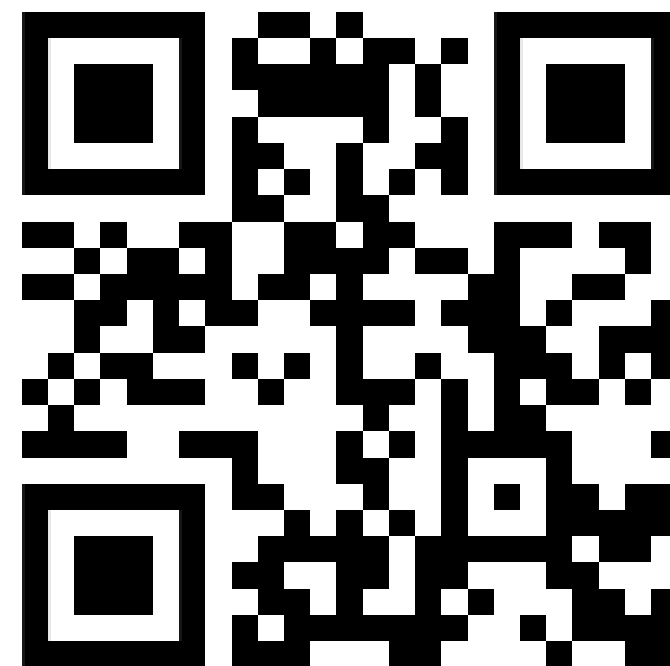
Facts and myths about mental health

Addictions

Relaxation techniques

Life and social skills

1. 	2. 	3. 	4. 	5. 	6. 	7. 	8. 
LET'S GO!	HAPPY AND SAD	STRESS	BULLYING AND BULLIES	BULLIES' MOTIVATION	BULLYING DEFENCE	FACTS AND MYTHS	ADDICTIONS
9. 	10. 	11. 	12. 	13. 	14. 	15. 	
RELAX AND BREATHE	RELAX AND EXERCISE	RELAX AND GET CLOSER	GOOD AND BAD ADVICE	SOCIAL RELATIONSHIPS	LIFE AND SOCIAL SKILLS	YOU DID IT!	



Gaming elements



drag and drop- the player needs to choose some component and choose where to allocate it



puzzle- the player needs to choose a correct shape of a puzzle and allocate it to the correct contour








fact or myth- the player chooses between two statements and decides whether it is true or false and after deciding the player learns the correct answer




finding a pair- the player needs to find 2 cards which are the same

Educational benefits

-  Offers a safe space for self-reflection and skills practice
-  Blends serious mental-health themes with playful, gamified storytelling
-  Helps internalize lessons through interactive exercises, not just theoretical info
-  Reduces stigma—“It is OK to not be OK.”
-  Promotes empathy and recognition of others’ emotional need

MEET Platform



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[Play Mind Craft](#)

MEET Platform – Your Online Source For Youth Mental Health And Well-Being

Practical tools for practitioners. Engaging learning materials for young people. One platform designed to support mental health education and empower disadvantaged and vulnerable youth across different learning environments.

15 Levels of Mind Craft Game **14** different Languages

General overview of MEET Platform



Target groups

Youth, NEETs, ESLs and other vulnerable groups

Professionals- teachers, psychologists, social workers








Available in 11 European languages + 3 Roma versions



Clear, practical, easy-to-use resources with the support of mental health education

Which sections can you find?

-  Information about the project and MindCraft with link to the game
-  Information about MEET partnership
-  Testimonials from project's activities participants
-  Materials for youth
-  Tools for professionals

Tools for practitioners

🌊 pilot implementation experiences and observations

🌊 theoretical background

🌊 step by step activity description

🌊 reflection

🌊 risks and warnings



Learning materials for youth

- better understand mental well-being
- reflect on their own experiences
- build helpful skills
- support themselves and their peers



Thank you for your attention!

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