ESCAPE
Engaging Society with Critical Awareness for Prevention and Empowerment

MENTAL HEALTH
Mental Health: Addiction and Depression Edition

What do we want to Achieve?

What do we want to Create?

Our Target Group

Why do we want to Do it?
Mental Health

Addiction and Depression Edition

While internet usage brought us the possibility to expand our personal communication, information exchange, entertainment, connecting with people from one corner of the world to the other, there are still many concerns about the amount of addicted behaviors of the internet users. Now days, the primary reason for the excessive amount of time youngsters spend on internet, is socialization, using social media, forums, online games, dating websites etc. As virtual reality is the new space young people share together, their usage is becoming an addiction. Addiction is defined as a dependence on a substance, habit, or practice, to such a degree that cessation causes severe emotional, mental, or physiological reactions. There is a direct correlation between social media addiction causing bullying and depression as emotional causes. The more young people are addicted, the more they are destroying the reality perception of being mentally healthy and lose the ability to sustain a healthy lifestyle, self acceptance, self esteem and community values.

Identify the causes of social media addiction

Identify the perception changes young people encounter when they create another virtual identity of themselves in cyber space

Exploring critical learning on how negative consequences of addiction influence their mental health
What do we want to **Achieve?**
Support non formal education, digital and analog forms of education, finding the added value and complementarity of each.

Explore a new educational methodology and create an innovative educational tool for a broad range of young people, including those with fewer opportunities.

Learn how to use the power of escape rooms as tool of learning and building awareness, developing a complete learning processes on how to use them.

Build the capacity of youth workers on the use of experiential learning processes and gamification for youth empowerment.
What do we want to **Create?**
The escape room is a cooperative activity, focusing on diversity in the group and using the potential of all members of the group. Communication, leadership, cooperation are natural learning elements of escape rooms.

**POP UP ESCAPE ROOM**

2 complete and complex escape rooms addressing mental health through life scenarios. The escape rooms will be set up in X venues, in X countries. They will be open for X months, on request.

With the escape rooms we will focus on the topics social media addiction and anxiety and depression through social media.

**DIGITAL ESCAPE ROOM**

The escape rooms will also be available digitally as App for Android and iOS. In order to reach out to more youth and diverse context, we aim at recreating the escape rooms as a popular digital game.
MEDIA CAMPAIGN

Within the project we will also develop a social media campaign, promoting our research outcomes and bringing awareness to young people, using social media platforms in their daily lives. The media campaign will mainly be audiovisual content, including young people, youth workers, trainers and people active in the sector.

ENTREPRENEURSHIP

With this project we aim at supporting youth leaders in developing a long term venture continuing the escape room service in their local community.
EDUCATIONAL TOOL

Our Escape rooms are experiential educational tools. In order to implement them, a manual will be created for youth workers and trainers, who want to implement the escape rooms in their work. It will include templates, instructions, descriptions, lists on what is needed, tools for the right preparation and debriefing phases. Furthermore, it will include photos, to show the interior and help to set up the rooms.

DIY STARTER BOX

A DIY starter box will be created for youth groups, who aim to implement the escape room, with all required locks and materials necessary to set up their own room.

In addition, a video manual will be created showing how to set up the rooms.
Who is our Target Group?
young people
(15 to 30 years) to learn about mental health and become active promoters

youth workers & educators
who want to use the escaperooms for their work and support youth inclusion

initiatives
which work with mental illnesses and focus on mental health in society
Why do we want to Do this?
build awareness in society about the problems of addiction and depression and the solutions of mental health.

approach sensitivity and empathy on mental health in society

reach active participation in society

empower youth people to take an active role in society through empathy and better understanding

mainstream mental health in society

support people in learning how to behave with others who suffer of mental illnesses

develop critical reflection on the topic and oneself
how can young people support others in need?
what motivates them to help?
can an escape room support young people in their development? / how much?
what can they learn through an escape room?
how can an escape room be used as tool of learning?
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