

### **Deliverable 5.3: Report on the proposed set of psychological support interventions**

**Maria Basta, Dimitris Kotrogiannos, Antonis Papargyris, Stelios Tzagkarakis, Maria Drakaki, Vasilis Dafermos**

#### **Abstract**

Neets consist of a relatively new social group, including people aged between 15 and 24 years old, not in education, employment or training. The main characteristics of Neets are reduced social contacts, low involvement in politics, low self well-being, and negative self beliefs. Up to date only one study has investigated the psychological/ psychiatric profile of Neets and no studies evaluate interventions focusing on psychological and psychiatric parameters.

Based on studies targeting on other socially vulnerable groups, such as unemployed, psychological interventions that may benefit Neets are: (a) psychological distress prevention and (b) rehabilitation interventions for Neets with severe psychological/ or psychiatric symptoms.

Psychological distress prevention interventions include: (1) improvement of coping strategies in order to improve self-efficacy and (2) screening tests for depressive and anxiety symptoms in employment agencies / educational or training programs and close collaboration with Mental Health Services if indicated

Neets rehabilitation interventions include regular follow-up of the Neets with psychological/ psychiatric problems from Mental Health Services, identification of psychiatric diagnosis and severity of the disease, rehabilitation planning and management and, finally referral of the Neets to Mental Health Specialist (Clinical Psychologist, Psychiatrist) if indicated.

All above interventions should be personalized, based on the nature and severity of the disease, the special conditions and the needs of the Neets.