

Fundacja Psycho-Edukacja (FP-E) was established in 2019 as a response to a growing number of suicidal behaviors and self-harm cases among children as well as the pressing need to create a better educational environment.

FP-E aims to raise awareness of mental health and well-being; initiates and supports dialogue between psychologists and psychotherapists as well as teachers, educators and educators of children and youth. We want to initiate systemic innovation in the field of psychological education in order to counteract social pathologies that particularly affect the most disadvantaged groups in Polish schools, including children and youth from the LGBTQIA+ community.

FP-E has been operating continuously and actively for two and a half years. The Foundation and its actions have been visible and highly praised, both in terms of content and organization. FP-E works with a number of reputable partners: the Warsaw Center for Educational and Social Innovation and Training (WCIES), the Polish Teachers' Union (ZNP), the ACBS Polska Association (the Polish branch of the Association for Contextual Behavioral Science), the Polish Society for Motivational Dialogue (PTDM), The Observatory Foundation, the Lambda Warsaw Association, the Polish Society of Suicidology, and the Gdansk Pedagogical Publishing House (GWP).

FP-E has organized, among others:

- a nationwide conference for people working in education *New Trends in Psychological Assistance for Children and Youth* with the participation of the following partners: WCIES, ACBS Poland, University of Coimbra;
- individual and group supervision for people in need of psychological help, for children and adolescents in schools and the out-of-school system;
- free webinars devoted to the crisis caused by the epidemic and psychological help for teenagers;
- support groups for people working in education;
- parent support groups;
- training in crisis intervention;
- training in the field of therapy and involvement;
- individual, free psychological assistance for education staff and parents after the introduction of quarantine-related distance learning in 2020. This project is supported by the Polish Teachers' Union and is still continued;
- individual, free psychological assistance for LGBT+ persons;
- free psychological assistance for people affected by the epidemic crisis;
- free comprehensive course in Motivational Interviewing (supporting applicants for the Polish Society of Motivational Interviewing certificate);
- free workshops for pupils before final exams.

More than 700 people have participated in our training sessions as well as individual and group consultations.