



# JA PRISM

Prevention oriented rights-based approach to support mental health in vulnerable population groups

**JA PRISM** aims to reduce the burden of mental ill health among vulnerable groups by promoting ways to obtain and maintain good mental health, preventing mental health problems, and improving access to treatment and services across the EU and Associated Countries.

This is achieved through the transfer and roll-out of three best and promising practices with clear human rights approaches into new contexts. By implementing these interventions, the initiative seeks to improve mental health and quality of life for vulnerable populations, leading to increased access to care and measurable improvements in well-being.

**18** EU Member States and two associated countries

**59** Organisations

**60** Implementation sites



Project duration: 01.09.2025 - 31.08.2028

## JA PRISM initiatives

*Together, we're building a future where mental health is protected, prioritised, and promoted.*

### BIZI Programme

#### Suicide Prevention

The BIZI Programme is an innovative, evidence-informed gatekeeper training (GTK) initiative designed to strengthen suicide prevention capacity in community settings.

It is an interactive, online, self-managed and freely accessible course that equips non-health professionals and community volunteers with the core competencies needed to identify people at risk of suicide, provide initial support, and encourage referral to specialised services.

Only a small proportion of people who die by suicide have contacted specialised services beforehand. BIZI directly addresses this gap by providing accessible training to "gatekeepers"- professionals, volunteers and others who are in daily contact with vulnerable groups.



### Circle of Friends

#### Addressing loneliness in older adults

Circle of Friends (CoF) is a long-established, research-based group intervention designed to alleviate loneliness among older adults. It has been studied and refined for nearly two decades, and has shown that structured peer group activities significantly improve psychological wellbeing, memory, and overall health while reducing the use and cost of social and healthcare services.

The model consists of small peer groups facilitated by trained facilitators - professionals or volunteers - who support participants in building social connections, strengthening agency, and developing lasting friendships. The process also includes adaptation to local cultural contexts.

### Act Belong Commit

#### Fostering emotional wellbeing in children and young people

Act, Belong, Commit (ABC) is an evidence-based mental health promotion framework that encourages people to stay active, build social connections, and engage in meaningful activities.

ABC responds to these needs through a simple, scalable and evidence-based framework that promotes positive mental health through three pillars:

**Act:** staying mentally, physically, socially and spiritually active

**Belong:** nurturing relationships, joining groups and strengthening social connection

**Commit:** engaging in meaningful, purposeful activities



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