



EUROPE STANDS FOR:

EMPowerment, **U**nderstanding, **R**esilience, **O**ptimism, **P**revention and **E**mpathy

I am a 14-year-old girl who loves to sing because it helps me be happy and make others happy.

I am worried about the mental health of my family and friends because I believe that there are not enough means to help everyone. Some of my friends need psychological help but some do not know how to ask for it and others cannot afford it.

I have dyslexia and when they hit me and laughed at me at school because I couldn't read well, I learned to sing and learned to ask for help. I think we all deserve to know how to protect our mental health from the dangers that surround us. I also learned that it is important to be aware that our words and actions can hurt other's people feelings.

Therefore, I have designed this acrostic to show that Europe itself has the power to improve European's mental health. This contest gave me voice to shout my message to Europe authorities!

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