

GRANT INFORMATION

Title:	Lean on: Improving Mental Well-being through Technology and Community
Instrument:	Small project grant
Implementing subject:	Qendra për Shëndet Global — QShG
Contacts (address, email, phone number, website):	Str. Dardania, Prishtina organizataqshg@gmail.com +383 45 296 242 https://www.facebook.com/profile.php?id=61551234275996
Duration of the grant:	Start date: 01/11/2025 End date: 30/06/2026
Total budget of the grant (EUR):	6,720.00 EUR
Budget supported from EJA Kosovo program (EUR):	6,720.00 EUR
Target groups:	• Youth; • Persons with disabilities; • Ethnic minorities; • LGBTI individuals; • Older adults; • Women, especially those in vulnerable situations.
Geographical scope:	In all regions of Kosovo
Summary of the grant:	“Lean On” is an innovative intervention aimed at enhancing access to mental well-being for the citizens of Kosovo through a functional and comprehensive digital platform. The existing platform, www.shendetimendor.org, has so far provided discreet, professional, and free psychological first aid, thanks to voluntary engagement. With this project, we aim to further develop the platform, ensuring quality, sustainability, and broader inclusion, with a focus on groups in need. The objectives include: 1. Increasing capacities for providing support through chat by trained volunteers; 2. Developing educational content in the Albanian language to promote mental health; 3. Expanding access to marginalized communities; and 4. Maintaining the technical and visual aspects of the platform.

Co-financed by:



	Key activities include staff training, compilation of educational materials, regular operation of the chat 5 days a week for 4 hours (20:00–00:00), and the development of an awareness campaign targeting marginalized groups. The schedule has been set based on existing experience and the periods when citizens are most likely to seek support outside of working or school hours. This model ensures a balance between needs and human and financial capacities while maintaining the quality of professional supervision for each shift. The project is implemented by QShG in collaboration with the Institute of Psychology at the University of Prishtina. QShG leads the implementation and professional supervision, while the Institute provides academic support through student involvement, training spaces, and integration of the platform into the “Online Mental Health” curriculum.
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