



# Training School

June 9th-11th, 2026

Vienna (Austria)

## Training School on Digital Mental Health for Young People

We are pleased to announce the second **YouthDMH Training School** for Young Researchers and Innovators, which will take place from **June 9 – 11, 2026 at TU Wien (Vienna University of Technology), Vienna, Austria.**

The theme of this Training School is **Digital Mental Health for Young People**. The training school will focus on equipping participants with essential knowledge and skills related to digital mental health, youth engagement, ethical considerations, and research methodologies. The program includes a mix of interactive sessions, expert-led discussions, and practical training activities designed to foster learning and skill-building in this rapidly evolving field. Overall, the goal is to equip participants with essential knowledge and practical skills in youth digital mental health.

### **COST-Action Digital Mental Health for Young People**

This Training School is part of the [COST Action - YouthDMH](#), a pan-European network that focuses on the role of digital technologies in supporting the mental health needs of young people. This initiative will consider the ways in which technology can support mental health from the point at which young people first become aware of the difficulties, through to the delivery of large-scale, evidence-based interventions. It will do so in a way that ensures young people and marginalised communities have a voice in envisaging the future. The core aim is to maximise the positive application of technology, whilst also mitigating the potential negative impact.



Funded by  
the European Union



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## Objective

The objective of this Training School is to equip participants with the knowledge and skills necessary to engage in youth digital mental health research. This includes best practices for involving youth and marginalised groups, addressing ethical considerations in digital interventions, and providing an understanding of the state of the art in this field.

More specifically, participants will:

1. **Enhance their understanding** of youth mental health research.
2. **Deepen their knowledge on the role of digital technologies, emerging technologies and social media** in supporting—and impacting—youth mental health.
3. **Support early-career researchers and facilitate knowledge exchange** across disciplines and experience levels.
4. **Engage in interdisciplinary and interactive learning.**
5. **Foster and promote collaboration** among researchers from diverse backgrounds and areas of expertise.

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## Who can apply?

The Training School is primarily aimed at **PhD students** and **post-doctoral researchers** with up to 8 years of experience after their PhD, who are employed by or affiliated with an institution or legal entity (public or private). Additionally, **Young Researchers and Innovators (YRI)** under the age of 40, from **Inclusiveness Target Countries/Near Neighbour Countries (ITC/NNC)**, may apply. **Applicants must also be members of the YouthDMH Working Groups (WGs)**. If you are not yet part of YouthDMH, you can simply join in: <https://www.cost.eu/actions/CA23153/>

**More senior academics**, researchers, and policy-makers are also welcome to apply. **Priority will be given to YRIs.**

To ensure adherence to COST Action's inclusiveness principles, we will ensure gender and geographic balance (including ITC). For more details, please refer to the **COST Annotated Rules** here:

<https://www.cost.eu/uploads/2025/11/COST-094-21-Annotated-Rules-for-COST-Actions-Level-C-V3.0-25-IX-2025.pdf>

## Language skills

All modules will be conducted in **English**. Therefore, participants must have strong proficiency in speaking, writing, and reading English to ensure effective communication, comprehension of course materials, and active participation in discussions and activities.

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## Eligibility for financial support:

Trainees from the following groups are eligible for financial support:

1. COST member countries
2. Approved NNC (Near Neighbour Countries)
3. Approved RTD organisations

Participation in the Training School is free of charge. However, the number of participants is limited to **20 trainees**. Only applicants from **Full COST Member countries** and **Near Neighboring Countries** ([Full COST Member countries and Near Neighboring Countries](#)) are eligible for reimbursement of long-distance travel and accommodation/subsistence. For more information, please look at the [Annotated Rules](#).

To express your interest in participating as a trainee, please complete the Google form by **April 24, 2026**.

**Am I eligible? - To determine your eligibility, visit:**

<https://www.cost.eu/am-i-eligible/>

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## How to Apply

To apply, please complete the application form and submit the required documents that support your candidacy. You can access the form here:

[Application Form](#)

## Required Documents:

At the end of the form, you will need to upload the following:

- Your **Curriculum Vitae (CV)**, including a list of publications (if applicable).
- **A one-page summary** of your research topic.
- **A one-page statement** outlining your motivation for participating in the YouthDMH COST Action Training School, specific learning outcomes you expect to gain, and how it will aid your career development.

## Selection Process:

Participation in COST Training Schools is highly competitive. Applications will be evaluated based on their alignment with the objectives of **COST Action CA23153** and the specific focus of this Training School. The evaluation will consider the following criteria:

- Relevance to the Training School's Goals
- Potential Contribution to the Action's Objectives
- Demonstrated Interest in Related Topics

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## Important Dates

- **Application Deadline:** April 24, 2026 (midnight GMT)
- **Notification of Acceptance:** April 28, 2026
- **Training School Dates:** June 9 – 11, 2026


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## Contact & Notification:

For inquiries related to the **Training School** program, please reach out to the event organisers at:

**Working group 1 Leader / Co-leader:** Amanda Fitzgerald  Email: [amanda.fitzgerald@ucd.ie](mailto:amanda.fitzgerald@ucd.ie) / Charlotte Blease [charlotte.blease@uu.se](mailto:charlotte.blease@uu.se)

For questions or assistance related to eligibility for COST funding or the application process for reimbursement, or for inquiries related to the YouthDMH objectives, please contact:

**Action Chair / Vice Chair** – Andreas Balaskas  Email: [andreas.balaskas@ucd.ie](mailto:andreas.balaskas@ucd.ie) / Maurice Mulvenna [md.mulvenna@ulster.ac.uk](mailto:md.mulvenna@ulster.ac.uk)

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Applicants will be notified of the selection results by **April 28, 2026**. Successful candidates will receive details about the Training School, local arrangements, and accommodation.