



ZETA Movement wins the Democracy Award in the civil society category

Berne, September 15 - **ZETA Movement, an association that promotes open and honest dialogue about mental health among young people, wins the Democracy Award in the Civil Society category.**

The non-profit association, which was founded in 2019 by young people for young people across Switzerland, receives the award from the New Helvetic Society for working "on a voluntary basis, with creativity, commitment and diversity of ideas, to improve the quality of everyday life despite the Covid-19 pandemic, especially for vulnerable groups and people."

ZETA Movement was born out of a desire to end the stigma surrounding mental health in Switzerland, and is aimed primarily at the younger generation.

ZETA Movement bases its work on three pillars in particular: storytelling, in which young people (ambassadors) who have experienced mental health problems in their lives and are now on the road to recovery share their experiences with other young people; promoting knowledge about mental health through conferences and discussion groups; and developing an open society in which mental health is talked about, questions can be asked and other people's stories and experiences are valued.

The association is available for activities and workshops in all areas that deal with young people, be it schools, youth organizations or sports clubs. Visits by our ambassadors are free of charge.



ZETA Movement

Youth for Mental Health Awareness Switzerland
Für einen offenen und ehrlichen Dialog zur Psychischen Gesundheit
Pour un dialogue ouvert et honnête sur la santé mentale
Per un dialogo aperto e sincero sulla salute mentale

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Press release



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More information about ZETA Movement: www.zetamovement.com

More information about the Democracy Award: www.demokratiepreis.ch

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