



Where  
Mental Health  
Meets Technology  
for Youth  
Empowerment





01

## NATIONAL SCOPE

- Over +2.9 million Hondurans are estimated to suffer from major depression.

02

## HIGH LEVEL OF SUICIDE

- Between 2013 and 2023, 3,911 suicide cases were reported. 48% were between the ages of 11 and 30.
- In the 1Q of 2025, 107 suicides were recorded. 10.3% were children, adolescents, and young adults . The majority (79.5%) were men aged 19 to 39.

03

## LIMITED-SERVICE CAPACITY

- Although there are around 3,000 psychologists in the country , only 165 are part of the Public Health System, leaving rural populations underserved.

04

## SOCIAL BARRIERS

- Machismo, cultural norms, and stigma often prevent individuals from seeking specialized support in time.

05

## MAIN TRIGGERS

- Financial Stress, relationship breakups, and feelings of failure or emptiness are common triggers of emotional distress and mood disorders.

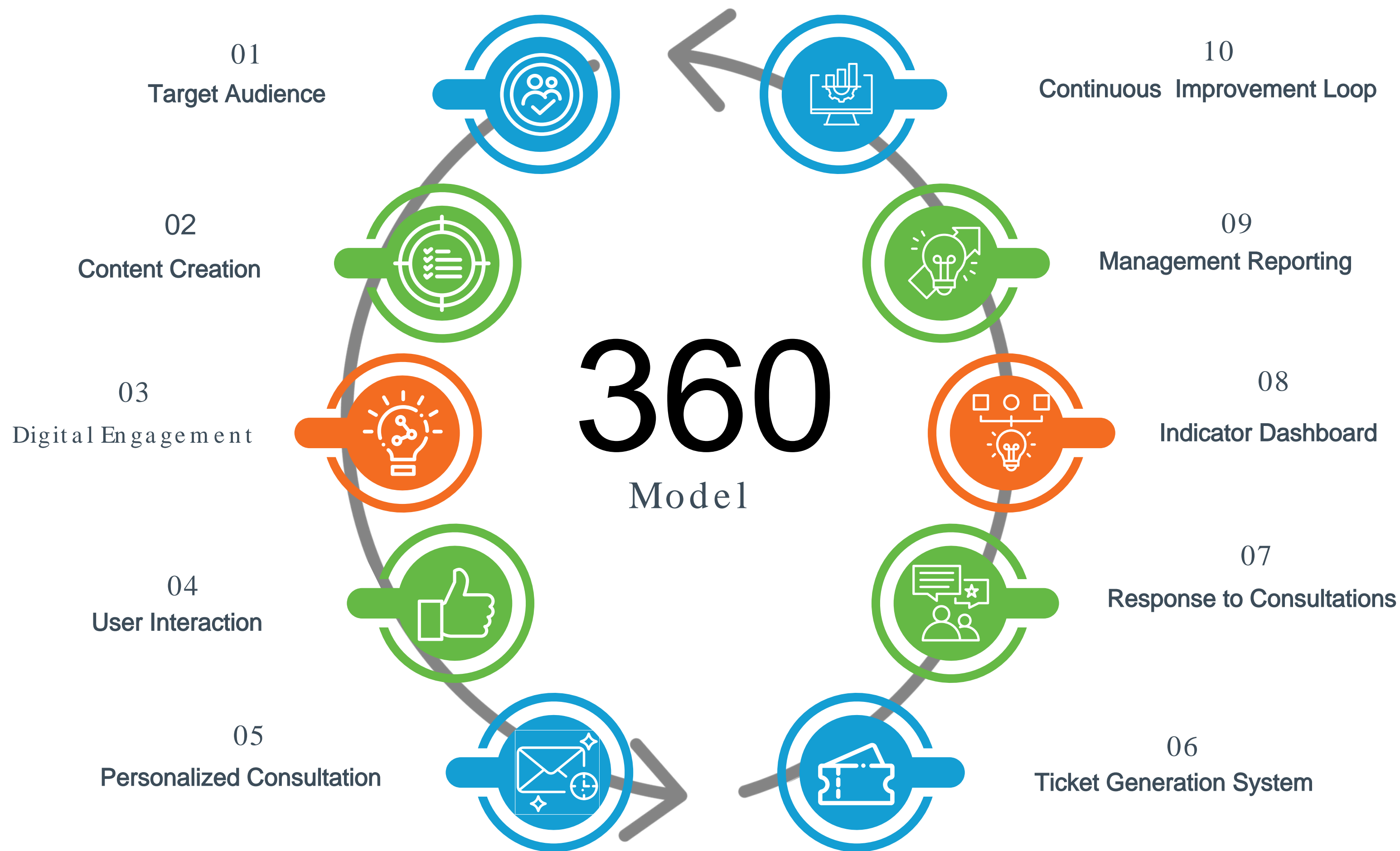




# How The Platform Works

Front

Back





# Virtual Tour





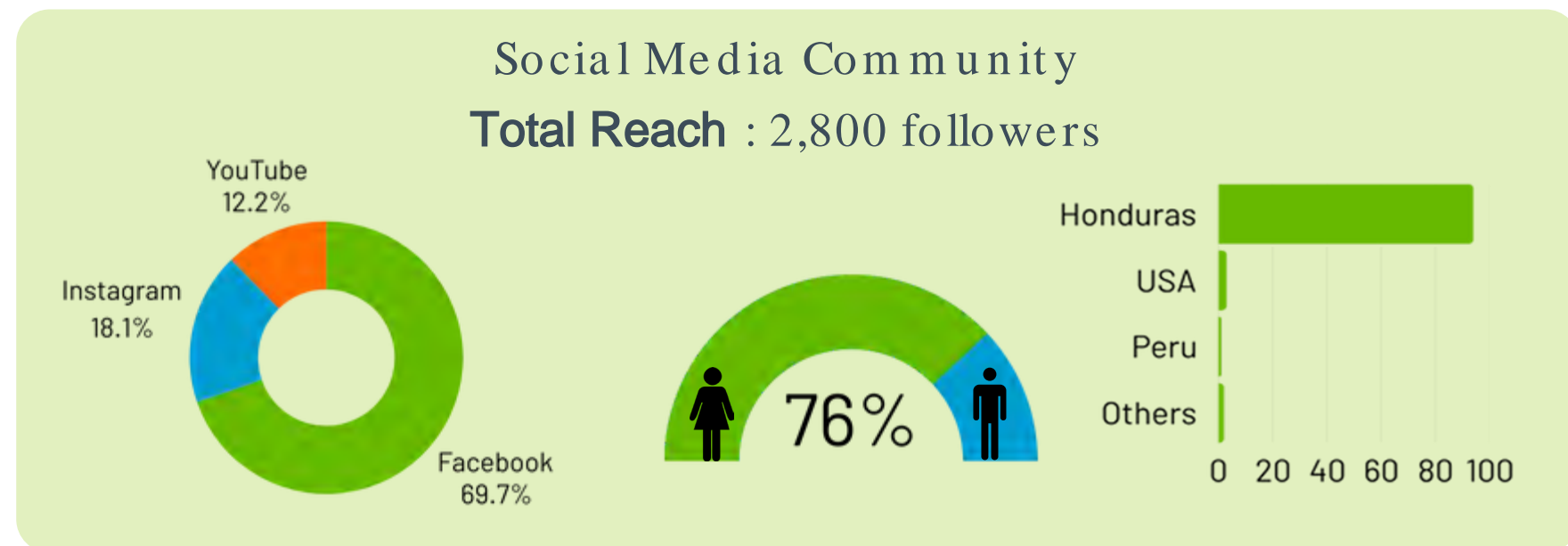


# Let's Meet

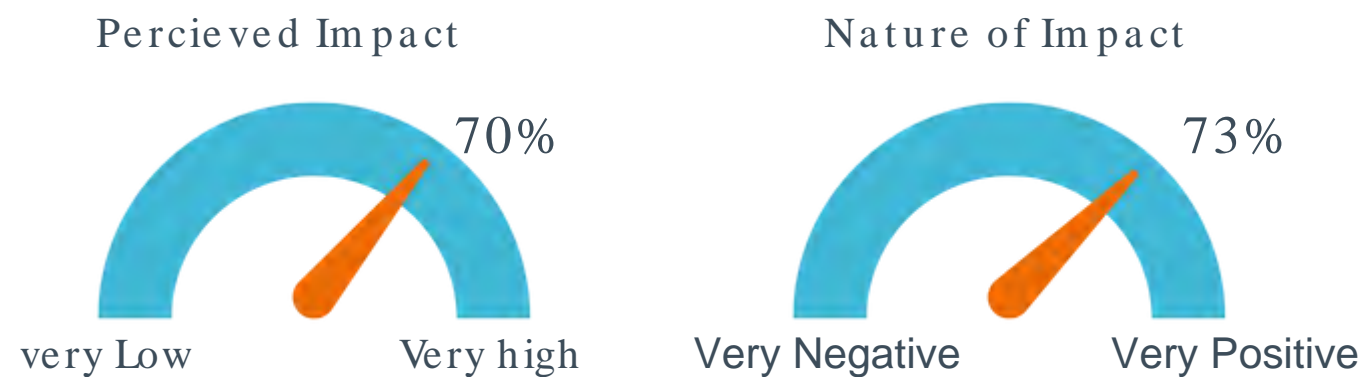
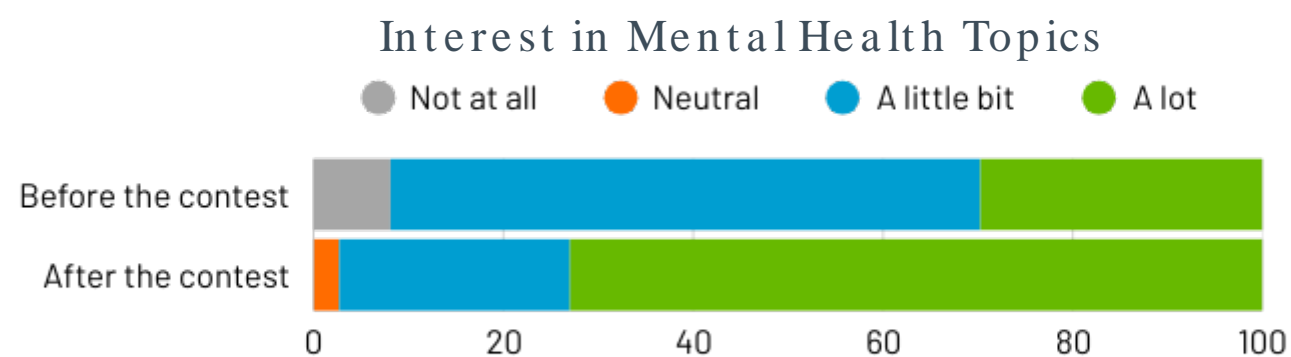
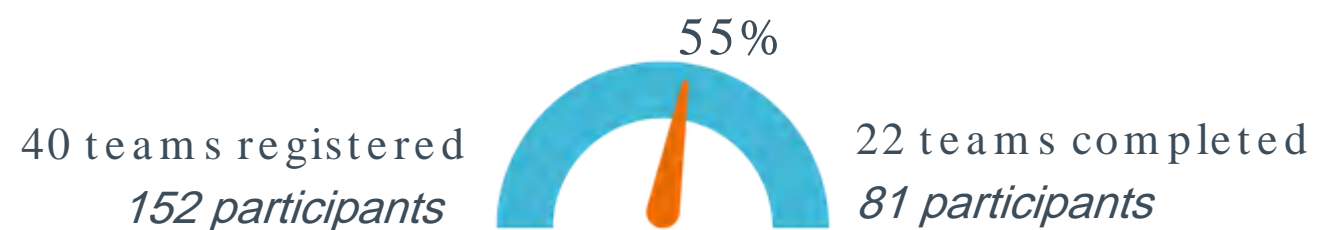
Yeferson  
Alvarado







## “Proy éctate SaludableMente ” TV Spot Contest



## Participants’ Reflections:

“You are a great team, keep inspiring and motivating that just as it is important to take care of your physical health, it is also fundamental to take care of your mental health.”

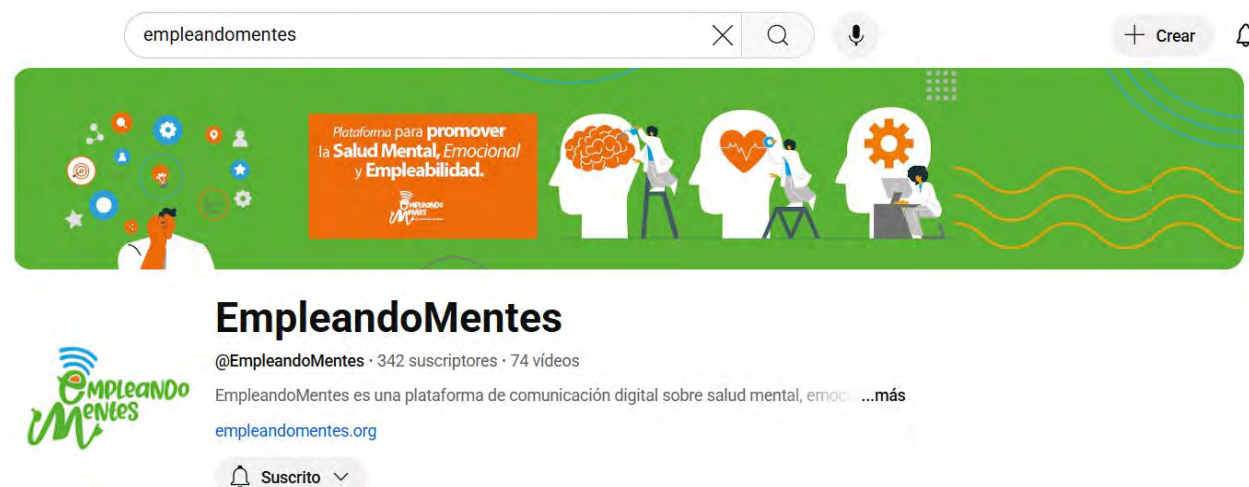
“Thank you for allowing us to participate, a great experience and always continue to promote mental health, as it is very beneficial to talk about the subject because many people do not take as a priority their mental health, so it is necessary to talk about it.”

“I really enjoyed participating and I had fun and above all I learned in this dynamic whatever the outcome I am proud of my team and the work we do as we take our time to think about what is going on around us and in ourselves, we take a lot of learning from it so thank you for everything.”



Do you want to watch  
the videos created by  
the students..?

Visit our YouTube Channel  
@EmpleandoMentes





# Livelihood Services

- Employability and Soft Skills Training for Red ITC students enrolled in the program.
- Students from tenth grade and above.

1161 students

53% women



80

Interns

58% Women

44

Hired as Employees

55%

Job Placement Rate

Average employability rate in similar programs: 15%.

\$455

Average Monthly Salary

+23%

Above the National Minimum Wage

Effectiveness



# Mental Health Services

## PFA Assistance

PFA Agent applies Psychological First Aid Assistance to the student in need.  
Personal interaction at the school ITC network

## Derivation

In applicable cases, the PFA Agent refers the case to the team of experts (psychologists) for professional support.  
5 to 10 sessions are provided per student\*.  
Virtual support on the EmpleandoMentes platform

Step 1

Step 2

Step 3

Step 4

## Identification

A PFA agent identifies a student in need of emotional support.  
Personal interaction at school Red ITC

## Counseling Session

After the PFA Assistance, the PFA Agent talks to the student and gets a better understanding of his or her situation.  
Personal interaction at the ITC Network School.

\*Parents must provide a written approved to move forward with the professional sessions.

Mental Health Training

1156

Step 2

Psychological First Aid

154

Step 3

Counseling Sessions

64

Step 4

Short-Term Therapy

36

Cognitive Behavioral Therapy

4

86%

Of the participants rated their emotional improvement as “very good” after receiving care from trained professionals

0 200 400 600 800 1000 1200

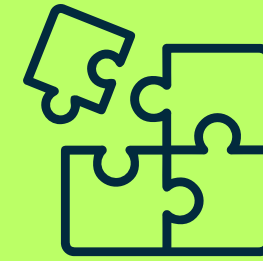
\*53% of the people who received mental health care answered the satisfaction survey

By The Numbers



## 01. Integrated approaches work

Combining mental health support with employability and life skills training is key: those who receive both are more resilient and job ready



## 02. Technology expands reach

The EE platform enabled access to mental health support and job placement resources for a wider audience



## 03. Ongoing support and follow -up is vital

Providing continued mentorship and specialized care helps youth not only get jobs but also retain them



## 04. Partnerships with the private sector are needed to ensure sustainability

When employers champion inclusive hiring, it helps reduce stigma and create more welcoming workplaces, thus improving retention.



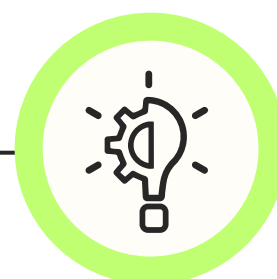
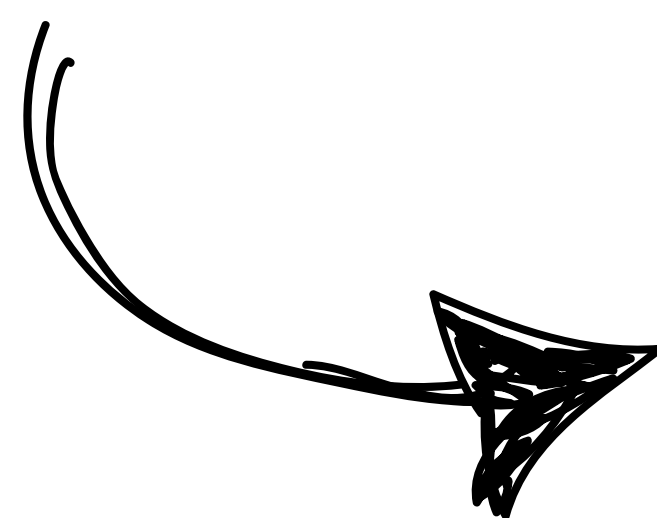




## CHALLENGES FACED BY YOUTH

- Difficulty identifying skills.
  - Translating experiences into CVs.
- Defining career paths.
  - Connecting with suitable jobs.

# SkillLab



### OUR SOLUTION

Incorporating AI through the use of SkillLab, a platform that helps translate life experiences into skill profiles, connecting job seekers with job and training opportunities.



### BENEFITS FOR JOB SEEKERS

It identifies skills, simplifies CV creation, provides personalized job/training recommendations and boosts confidence.



### BENEFITS FOR EMPLOYERS

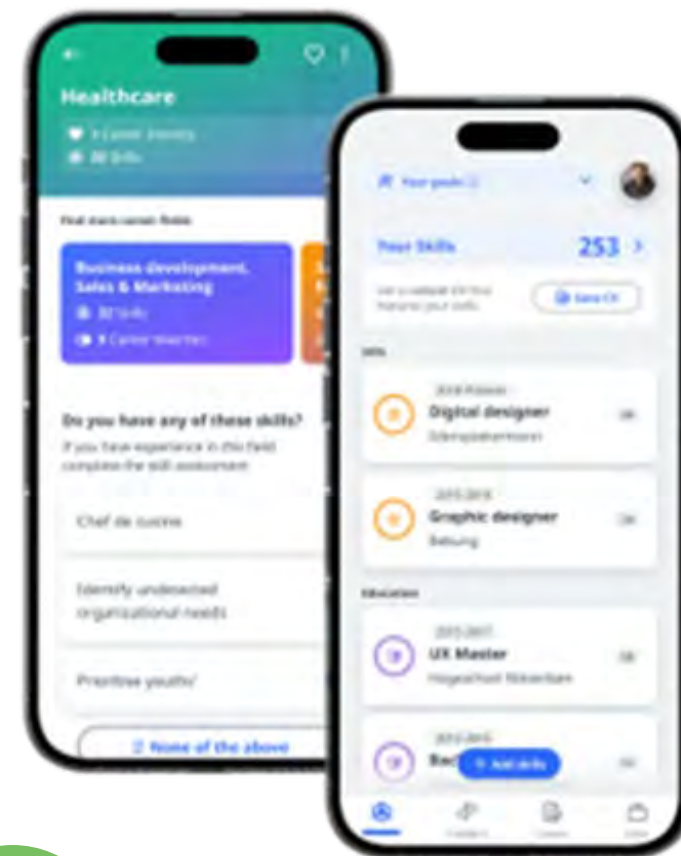
Streamlines recruitment, improves candidate -job fit, and offers access to a job - ready and diverse talent pool with counselor support.

Empleando  
Mentes 2.0

What's  
next in  
terms of  
livelihoods  
promotion

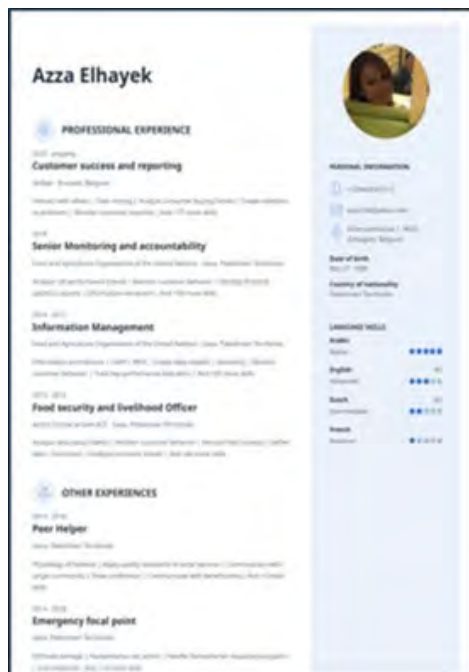


# SkillLab



## Professional CV

Integrating AI to help youth create professional, tailored CVs

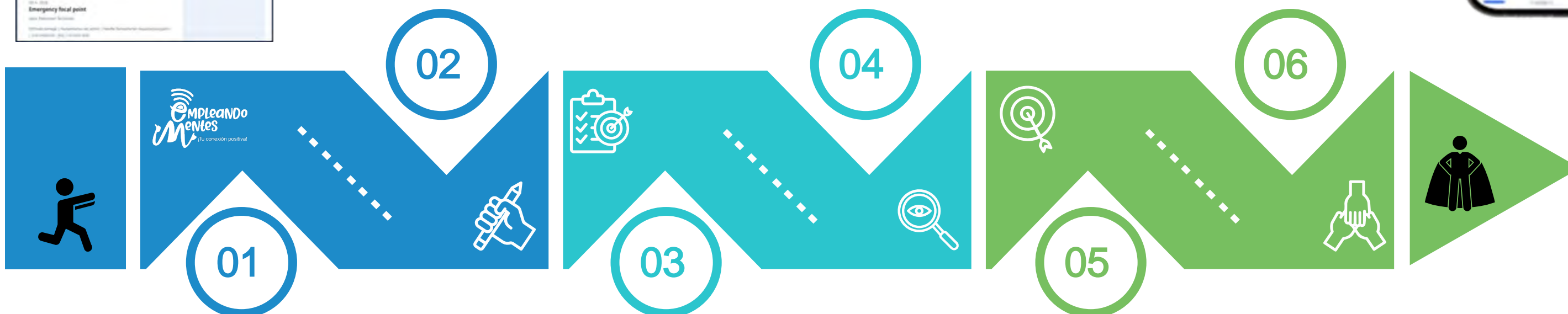


## Career path

Personalized AI - informed learning paths

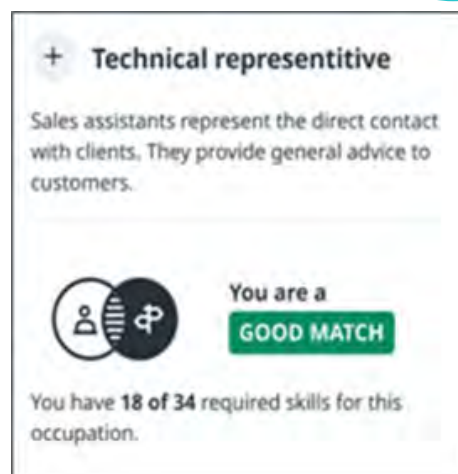
## Accompaniment

Follow -up and support to reduce job entry and permanence barriers



## Communications

Provide livelihood information through EmpleandoMentes channels.



## Skills matches

AI-based job matching based on candidates' skills and interests

## Private sector

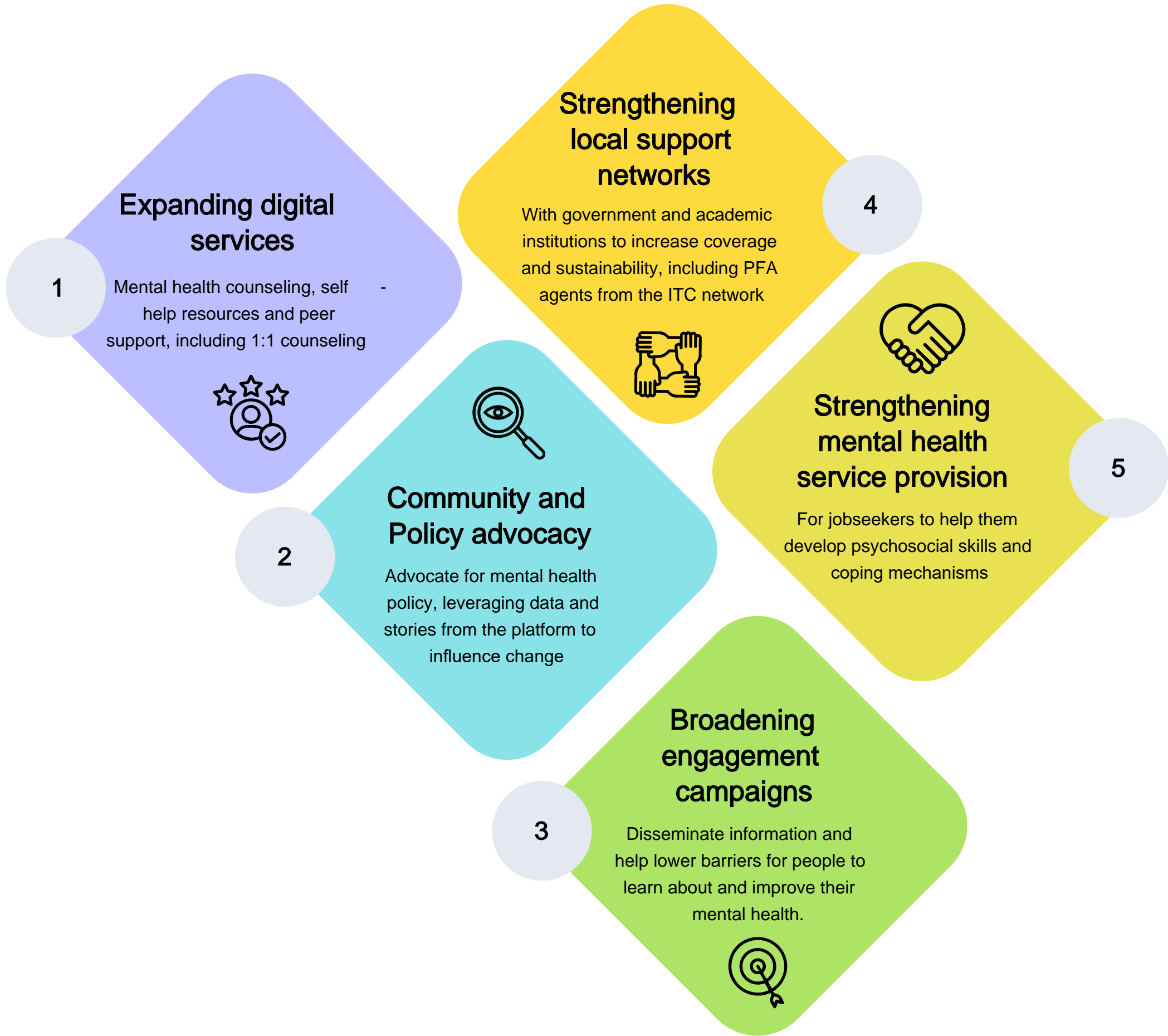
Engaging more private sector actors to encourage inclusive hiring





# Empleando Mentes 2.0

## What's next in terms of Mental Health services







**Thank you for attending  
this presentation!**

Your feedback is important to us.

Please take a few minutes to share  
your thoughts:



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Mentes 2.0

Let's  
Connect







Let's Talk  
Q&A

