Youth Mental Health

- Mental health problems doubled amongst people aged between 15 and 24 in most countries during the pandemic.

- Young people are 30% to 80% more likely to experience depression or anxiety than adults in certain countries.

- Compared to other age groups, self-reported mental health issues are more prevalent amongst young people across many OECD countries.

OECD Report, May 2021
Youth Mental Health

- **9 million adolescents** (aged 10-19) in Europe are living with poor mental health with depression and anxiety accounting for more than half.

- **Suicide is the 2nd leading cause of death** in this age group.

- **3 lives per day** (of those aged 10-19) are lost to suicide in Europe.

UNICEF, October 2021
Youth Mental Health

- More **accessible and affordable mental health support** should be provided – through information dissemination, phone or online services, and easier access to in-person services.

- Adequate **investments in mental health services** is needed.

- MHE calls for **more coordinated actions at the EU level**, ideally through the establishment of a European mental health strategy or action plan to support every Member State.

Further information: [www.mhe-sme.org](http://www.mhe-sme.org)