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# Youth Mental Health in Europe: From Local Practices to Systemic Change

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Youth Leadership Programme



**Youth Leadership  
Programme**



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# About the project

## Who we are?



# European Context

49%

Nearly half of young people in the EU, 49 percent, report unmet mental health care needs, compared to 23 percent of adults.

Impact

Depression, anxiety and behavioural disorders are among the leading causes of illness and disability among adolescents.

Urgent change

Suicide is the leading cause of death among those aged 15–29 years old.



# Health Behaviour in School-aged Children (HBSC) study

## Trends

### Adolescents who report feeling nervous more than once a week

HBSC survey 2014 - 2022



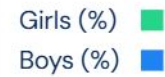
#### Slovenia



## Age & gender

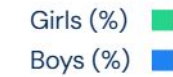
### 11-year-olds who report feeling nervous more than once a week

HBSC survey 2022



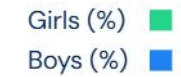
### 13-year-olds who report feeling nervous more than once a week

HBSC survey 2022



### 15-year-olds who report feeling nervous more than once a week

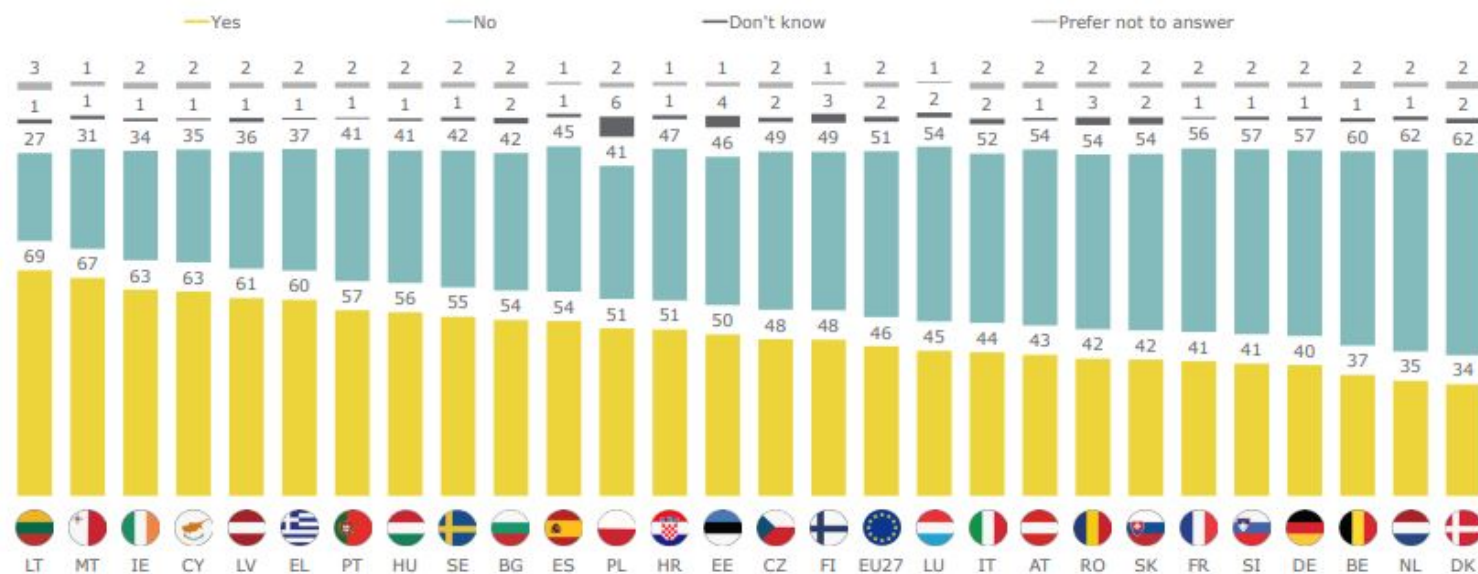
HBSC survey 2022



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## Flash Barometer 530 Mental Health European Union

**Q14** In the last 12 months, have you had any emotional or psychosocial problems (such as feeling depressed or feeling anxious)? (% by country)



Base: all respondents who provide consent to reply to this question (n=26 693)



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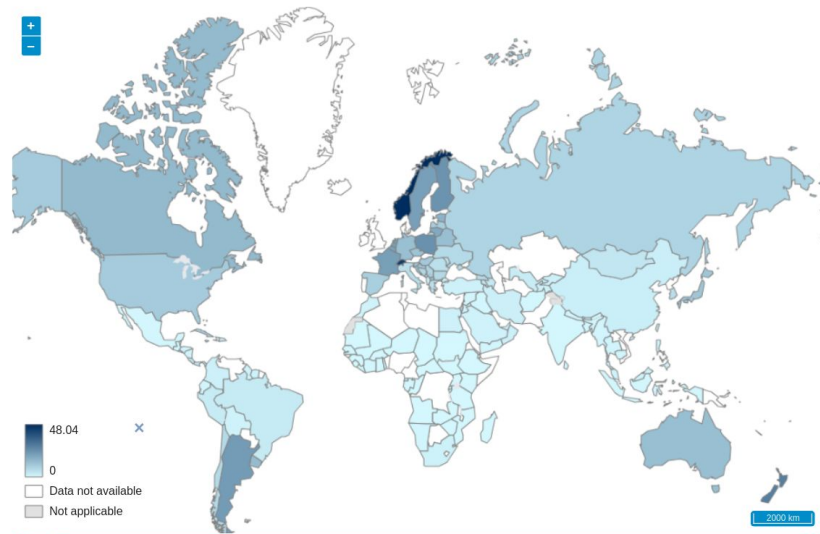
# WHO The Global Health Observatory

Psychiatrists working in mental health sector (per 100,000)

FILTERS

Year

Latest

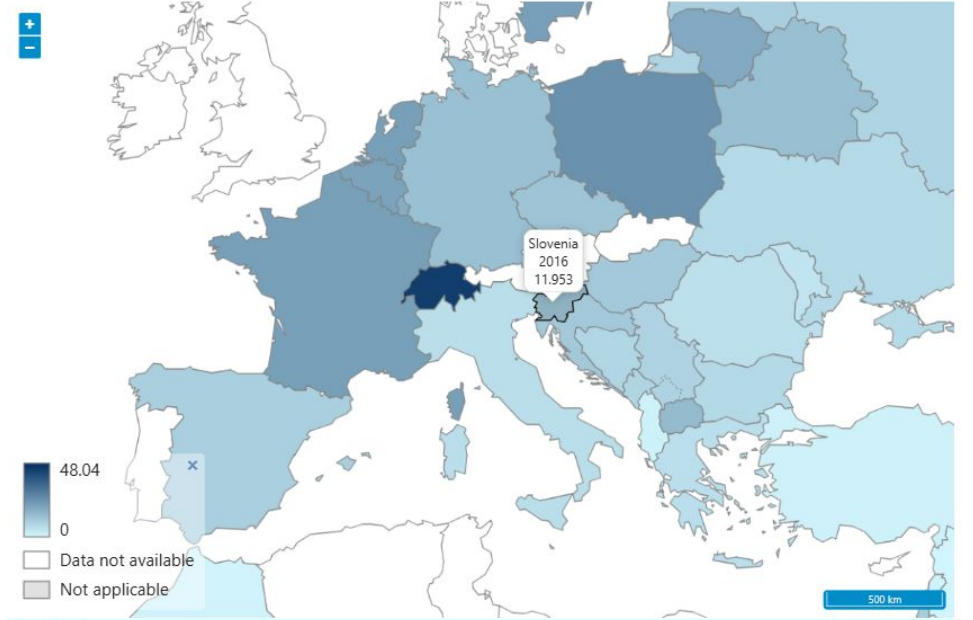


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# Resources guide project



# Resource guide Slovenia

The image displays five resource guide cards arranged in a grid. Each card has a distinct background color and a purple outline. The cards are as follows:

- Top Left (Light Blue):** Features an icon of three four-pointed stars. Text: **Power of Personal Experience and Connections**
- Top Right (Yellow):** Features an icon of a heart containing two stylized human figures. Text: **Youth-led initiatives and peer support**
- Middle Left (Pink):** Features an icon of a speech bubble containing a heart with a pulse line. Text: **Crisis Helplines and Counselling Support**
- Middle Right (Orange):** Features an icon of a smartphone next to a speech bubble. Text: **Digital tools and apps**
- Bottom (Light Green):** Features an icon of a magnifying glass. Text: **National information and mental health resources**

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## Recommendations moving forward

- Be aware of changes in behaviour, mental distress can be invisible
- Offer a safe space, non-judgmental place for them to go to. Be a figure that they can go to if ever feeling low, nervous
- Make sure to talk about mental health with younger audiences and the importance of asking for help.



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## Recommendations moving forward

- Involving lived experience voices in the policy making processes.
- Strengthen cross-sector collaboration
- Making prevention systemic





**Thank you.**

**SCAN ME**



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