

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



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- **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.



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.

