



Resources for Supporting Mental Health

Among Young People
in Greece



Youth Leadership
Programme

HOW TO NAVIGATE THIS RESOURCE GUIDE

Where to find support



Looking for resources to help yourself, a friend, or a family member? You can find various resources, such as helplines, organisations and websites here.



Key Insights



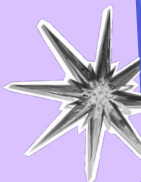
Curious about the mental health landscape in your country? Find out what young people actually need most and the biggest challenges to getting help.



Mental Health Context in Greece



What are local laws and support systems? Dive into the current mental health context in your country, see what's working, and, more importantly, what's still missing.



About the Project



Discover more about the Youth Leadership Programme, funded by the Rare Impact Fund, and how young leaders created this resource in partnership with Mental Health Europe.



This reference guide was developed by Youth Ambassador Aikaterina Sidiroglou as a part of the Youth Leadership Programme. The document is a product of co-creation, researched and drafted by Youth Leaders with the guidance and editorial oversight of Mental Health Europe. The views and content expressed reflect the national perspectives, contributions, and lived experiences of these Youth Leaders.

WHERE YOU CAN FIND SUPPORT

If you feel overwhelmed, anxious or lonely, support is available. Many organisations in Greece provide free or low-cost support, including information, peer groups, counselling, and community activities. Most services aim to be accessible, confidential, and supportive, especially for young people and families.

Disclaimer: The following links and helplines were gathered with the best care possible, however, as these are third-party services, we cannot guarantee their quality or that they remain accessible after the release of these documents.



Grief & Loss



Crisis, Emergency & Suicide Prevention (Immediate Help)



Community-Based Organizations & Psychosocial Support



Services for individuals experiencing eating disorders



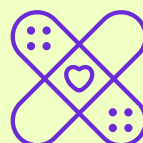
Online / e-Therapy Platforms



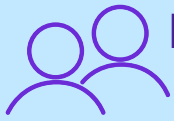
Addiction Support



Bullying, Abuse, Violence & Online Safety



Self-Harm



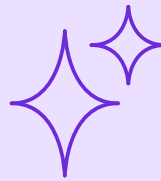
**Refugees, Migrants
& Minorities**



Podcasts



LGBTQIA+ Support



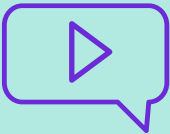
Autism & ADHD



**Low-Cost
Psychological
Support (In-person
& Online)**



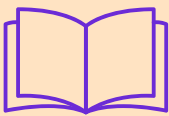
**Youth Mental
Health Workbook**



TED Talks



**Self-Guided
Courses & Books**



**Psychology
Related Guides
& Articles**



**Interactive map of
child & adolescent
mental health
services**





Grief & Loss



Merimna

Non-profit organisation offering psychosocial support, counselling, and practical assistance to children, young people, and families facing serious illness, loss, or emotional hardship.



Crisis, Emergency & Suicide Prevention (Immediate Help)



Klimaka Hotline for Suicide Prevention

1018: 24/7 suicide prevention and intervention line that offers immediate support, risk assessment, and guidance for people experiencing suicidal thoughts or crisis, as well as for those concerned about someone at risk.



National Psychosocial Support Line

10 306: Greek 24/7 free helpline providing confidential psychosocial support and guidance for people in distress.





To Xomagelo tou Paidiou

1056: Greek 24/7 hotline and chat service providing immediate support, guidance, and crisis intervention for children and adolescents in distress.



Mazi gia to Paidi

115 25: Free, anonymous helpline offering psychological support and empowerment for children, adolescents, parents, and teachers facing daily challenges.



Community-Based Organizations & Psychosocial Support



EPAPSY

Non-profit organisation offering community-based mental health support, counselling, and prevention services for young people.



IASIS NGO

Non-profit organisation providing psychosocial support, mental health services, and social inclusion programmes for young people and vulnerable groups.



Services for individuals experiencing eating disorders



ANASA Day Centre

Non-profit organisation providing free psychological support, counselling, and guidance for individuals affected by eating disorders and their families.



KEADD

The centre that provides training on eating disorders and a directory of specialised practitioners.



Hellenic Centre for Eating Disorders

(HCED) - Specialised organisation providing assessment, evidence-based treatment, professional training, and awareness programmes for individuals affected by eating disorders.



Online / e-Therapy Platforms



MilaMou

Free online platform where young people can anonymously schedule and have counselling sessions with volunteer psychologists via phone, WhatsApp, or Viber.





Click to Therapy

Platform that uses smart matching to connect users with psychologists for online video therapy, often starting with a free first session.



Hedepy

Digital therapy platform that uses a questionnaire and algorithm to help people find and book online (or in-person) psychotherapy with certified therapists.



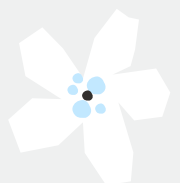
MyTherapist

Online therapy platform that helps you find and connect with a certified psychologist suited to your needs via a brief questionnaire, allowing you to have video, audio, or chat-based therapy sessions.



Therapy Space

Greek platform connecting users with certified psychologists for online or in-person therapy sessions.





It's Complicated

They help users find and connect with psychologists through personalised matching for online or in-person therapy.



Doctor Anytime

Digital healthcare service that lets users easily find and book doctors, make online appointments, and access teleconsultations across many specialties via video or in-person sessions.



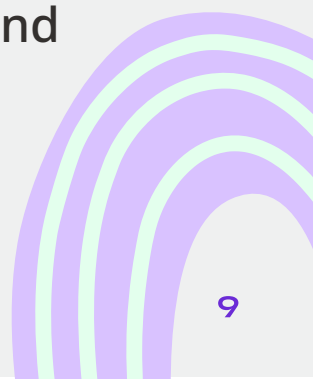
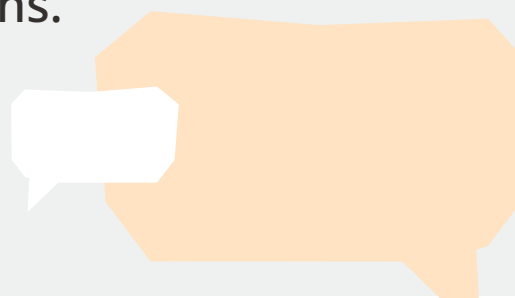
Therapy Today

Greek online platform offering remote counselling and therapy sessions with certified mental health professionals via video calls.



Hiwell

Online platform that connects users with licensed psychologists and other professionals for confidential, secure video-based counselling and therapy sessions.





Addiction Support



KETHEA

Greek public organisation providing free treatment, counselling, and social reintegration programmes for people affected by addiction.

18 Ano

Public programme in Greece offering free treatment and counselling for addiction, and is one of the country's best-known drug-free rehabilitation programmes focused on psychotherapeutic and social recovery.



Oselotos Special Psychosocial Intervention Unit

Non-profit organisation that provides mental health and psychosocial support for at-risk adolescents and young adults, often with conflict with the law or accompanied by co-occurring mental health issues.



Bullying, Abuse, Violence & Online Safety



Stop Bullying

A Greek online platform providing resources and support to prevent and address bullying in schools.





Greek Safer Internet Centre

National initiative in Greece that promotes online safety for children and young people by providing educational resources, a helpline for internet-related support, and a hotline to report illegal online content.



Children's Helpline - Ombudsman for Children

Free and confidential Greek helpline for children and adolescents, providing a safe way to report abuse, neglect, or rights violations, with anonymous phone calls and the option to submit reports online via the Ombudsman's website.



Self-Harm

Community Center for Youth Mental Health

Free national initiative under the Ministry of Health that provides community-based mental health support, therapy, and prevention services specifically for adolescents and young adults aged 17–24 experiencing issues such as anxiety, depression, self-harm, or social isolation.





Refugees Guide to Greece

Practical guide by the International Organization for Migration in Greece providing Ukrainians and other displaced people with information on legal, health, and social services available upon arrival. mental health related information in pp. 14–15.



“Iolaos” Day Centre

Greek day centre run by Klimaka that provides psychosocial support, activities, and services for refugees and asylum seekers, helping them with integration, wellbeing, and daily needs.



“Dipylo” Day Centre

Reek day centre run by Klimaka providing psychosocial support and community services specifically for Greek Muslims, promoting wellbeing and social inclusion.



Day Centre for Roma

Day centre offering psychosocial, mental health, and community support services tailored to the Roma population to promote wellbeing and social inclusion.





Podcasts



The Brain Hacking Academy

Series that offers practical tips and insights designed to help listeners “hack” their mindset, achieve personal goals, and become the best version of themselves.



We Are Gen Z(έν)

Casual talks on modern life, stereotypes, activism, social media, and mental health (like confidence, anxiety, boundaries).



Relax with Marina Gournelis

Greek podcast offering guided meditations and mindfulness practices.



Giati Oxi

Podcast section with inspiring interviews with psychologists and experts on fears, love vs. codependency, neurodiversity, burnout, emotions, and more.





LGBTQIA+ Support



Orlando LGBT+

Non-profit organisation that focuses on the mental health of LGBTQ+ individuals, promoting affirmative and depathologising approaches. They provide free downloadable guides on topics related to LGBTQ+ wellbeing designed to provide accessible, evidence-based information and best practices for professionals and the public.



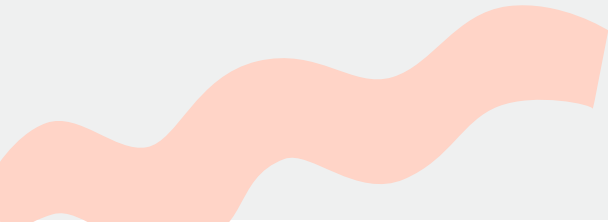
Colour Youth

Programme for recording and responding to incidents of homophobic, biphobic, and transphobic violence and discrimination, helping people report what happened and contribute to combating such abuse. "Pes to se emas" is one of its tools to track and respond to hate incidents and discrimination.



Δίπλα Σου 11

Helpline for LGBTQI+ people, their families, and educators offering confidential listening, advice, and support over the phone or online on issues related to sexual orientation, gender identity, and wellbeing.





Autism & ADHD



Autism Hellas

Non-profit organisation that promotes awareness, information, and support for people with autism spectrum conditions and their families.



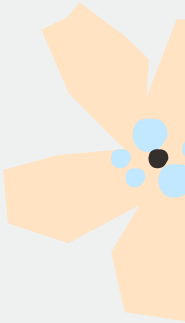
Autism Specialists Map

Interactive online map that helps users find public and private services and professionals in Greece that support people with autism.



ADHD Hellas

Greek non-profit association that provides information, support, and advocacy for people with ADHD and their families, while raising awareness and promoting better policies in education and healthcare.



Low-Cost Psychological Support (In-person & Online)

Attica (Athens area)



Logo Psyhis (Λόγω Ψυχής)

Institute offers short-term systemic counselling and psychotherapy for individuals, couples, and families, at a symbolic fee, as part of psychotherapist training.





Centre for Applied Psychotherapy & Counselling

Centre that offers low-cost individual counselling, psychotherapy, and clinical hypnosis sessions, provided by trainee mental health professionals under expert supervision.



Institute of Relational & Group Psychotherapy (ISOP)

Greek psychotherapy centre offering low-cost individual and group therapy (10 € weekly, 15 € biweekly), online or in-person, provided by supervised trainee therapists.



Psi-Network (Ψ-Δίκτυο)

Greek platform offering low-cost, short-term mental health services to children, adolescents, adults, couples, and families, with session fees ranging from 10–35 € based on need.



Laboratory for the Exploration of Human Relations

Counselling programme that offers low-cost therapy (5 sessions at 10 € each) provided by trainees in systemic therapy and counselling under expert supervision.





Hellenic Psychoanalytic Society

Center offering low-cost psychoanalytic therapy for individuals with limited financial means, provided by trainee psychoanalysts under supervision.



Hellenic Focusing Centre

Graduates and therapist trainees provide supervised low-cost counselling and psychotherapy for individuals, couples, and families, free for refugees, migrants, and unemployed people.



ΚεΣΜεΘ

Programme offering ten low-cost counselling and psychotherapy sessions (10 € each), provided online or in-person by trainee systemic psychotherapists.

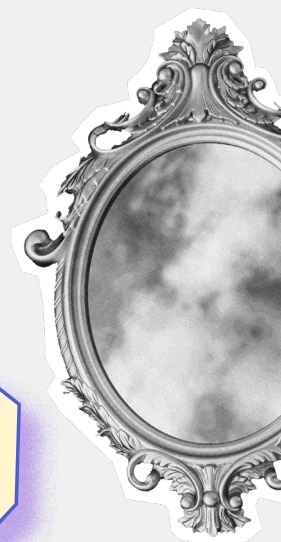


Youth Mental Health Workbook



Let's Talk Project

Self-reflection and activity guide designed to help young people explore mental health, identity, relationships, and wellbeing through interactive exercises.





TED Talks



Hellenic Open University Counselling Centre

Suggested videos and educational material on mental health, wellbeing, and personal development for students and the wider public.



Self-Guided Courses & Books



Breath Hellas

Free online set of self-care tools and exercises.



Self-Help Books List

Curated list of recommended self-help books on mental health topics.



Psychology Related Guides & Articles



CAMHI Online Guides

Practical mental health guides for children, teens, and caregivers.





Institute for Behavioral Research and Treatment

Online articles and CBT-informed self-help resources that offer practical strategies and insights to manage everyday mental health issues.



PsychologyNow

Greek online platform offering articles, tools, and resources on psychology and mental wellbeing, including expert-written content to help people better understand emotional and psychological topics.



Interactive map of child & adolescent mental health services



CAMHI Mental Health Map

Interactive map shows mental health and support services for children and adolescents in every region of the country.

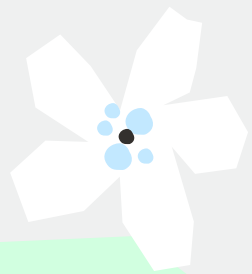


KEY INSIGHTS

According to recent WHO Europe data, one in four adolescents aged 15–19 in Greece lives with mental health issues. In parallel, approximately 60% of young people report persistent psychological or physical discomfort, as documented in the Health Behaviour in School-aged Children study.

The insights below are based on desk research and conversations with local stakeholders, offering a snapshot of the factors shaping young people's mental health in Greece. The information comes from national and regional reports on youth mental health initiatives, together with interviews with psychologists, school counsellors, NGO representatives, and young people in Chios.

ECONOMIC INSECURITY AND PSYCHOLOGICAL IMPACT



“Mental health support is still treated as a luxury rather than a basic need for young people.”
— University Student

Economic instability has played a central role in shaping youth mental health in Greece over the past decade. Mental health professionals report that unemployment increasingly appears among underlying factors associated with suicide attempts in children and adolescents. With **overall unemployment previously reaching approximately 27%** and **youth unemployment peaking at around 67%**, economic stress translates into chronic uncertainty, hopelessness, and emotional strain, increasing psychological vulnerability among young people.

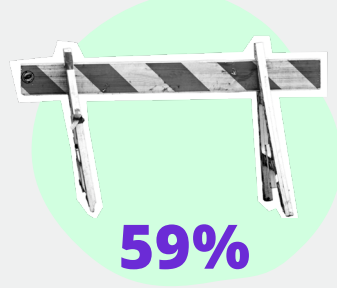
AFFORDABILITY AND PRIVATE-SECTOR DEPENDENCE

Financial barriers significantly influence access to care:



50%

of caregivers identify affordability as a primary obstacle to accessing mental health services.



59%

of child and adolescent mental health care is delivered through the private sector.

This reliance on private provision disproportionately affects low-income families and young people outside major urban centres, reinforcing social and regional inequalities.

“There is a widespread belief, even among young people, that if a service or MH provider is free or low-cost, it is not of good quality. This discourages young people from seeking affordable support.”

— University Student

FRAGMENTATION OF MENTAL HEALTH SERVICES

“Support at school depended more on individual teachers than on structured systems.”

— Young Athlete and Swimming Coach

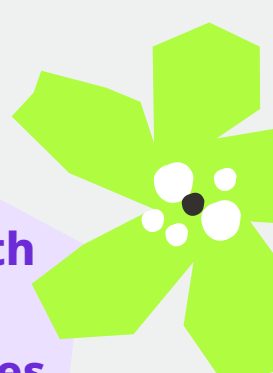


Although outpatient, inpatient, day-centre, and school-based services exist, they often operate independently. The absence of a stepped-care model, limited involvement of primary care, and lack of centralised digital registries result in unclear pathways and inconsistent continuity of care, particularly for young people seeking support autonomously.

STIGMA, ATTITUDES, AND HELP-SEEKING BEHAVIOUR

Research among young adults in Greece indicates generally positive attitudes towards mental illness and professional help-seeking, alongside persistent structural and internal barriers. Key challenges include:

- ➔ Fear that seeking professional help may reduce personal or social value.
- ➔ Difficulty identifying with individuals experiencing severe mental illness.
- ➔ Self-stigma linked to stereotyping, pessimistic beliefs, and low perceived coping ability.

Attitudes vary by gender, age, education level, relationship status, and familiarity with mental health difficulties, underscoring the need for targeted, age- and gender-sensitive psycho-educational interventions. In this context, youth-friendly info-sheets and consolidated resource guides play a practical role in reducing uncertainty and supporting first steps towards help-seeking.



“In small communities like villages, mental health services are scarce and stigma is strong, people still think you’re ‘crazy’. But for everyday struggles, the community can offer real support... until the problems get deeper, then it falls short.”

— Young Athlete and Swimming Coach

WORKFORCE SHORTAGES AND RELIANCE ON VOLUNTEERS

Shortages of specialised mental health professionals remain a systemic challenge in Greece. Consequently, many services rely heavily on volunteer workers to meet community needs. While volunteerism reflects strong local solidarity, it cannot substitute for trained professionals, particularly in complex or high-risk cases.

“Support is often found informally, through family, friends, or the workplace.”
— Young Athlete and Swimming Coach



WHY DOES THIS MATTER FOR YOUNG PEOPLE?

While a range of mental health resources exist in Greece, they remain insufficiently visible and under-publicised among young people. Access to services continues to be uneven, particularly in rural and island areas, despite recent legislative efforts to strengthen the system. In addition, the availability of validated, evidence-based digital mental health tools in Greek remains limited. Expanding school-based prevention initiatives and mental health literacy programmes would further support early identification and early intervention among young people.

“Psychological support is still associated with crisis rather than prevention.”
— University Student

“The biggest challenge is not the lack of resources, but knowing which ones are reliable and trustworthy.”
— Psychologist

MENTAL HEALTH CONTEXT IN GREECE AND IN CHIOS ISLAND



Although Greece has implemented mental health reforms in recent years, service availability and quality vary significantly by region. Island and rural areas continue to face structural disadvantages compared to mainland urban centres.

LOCAL CONTEXT: CHIOS ISLAND

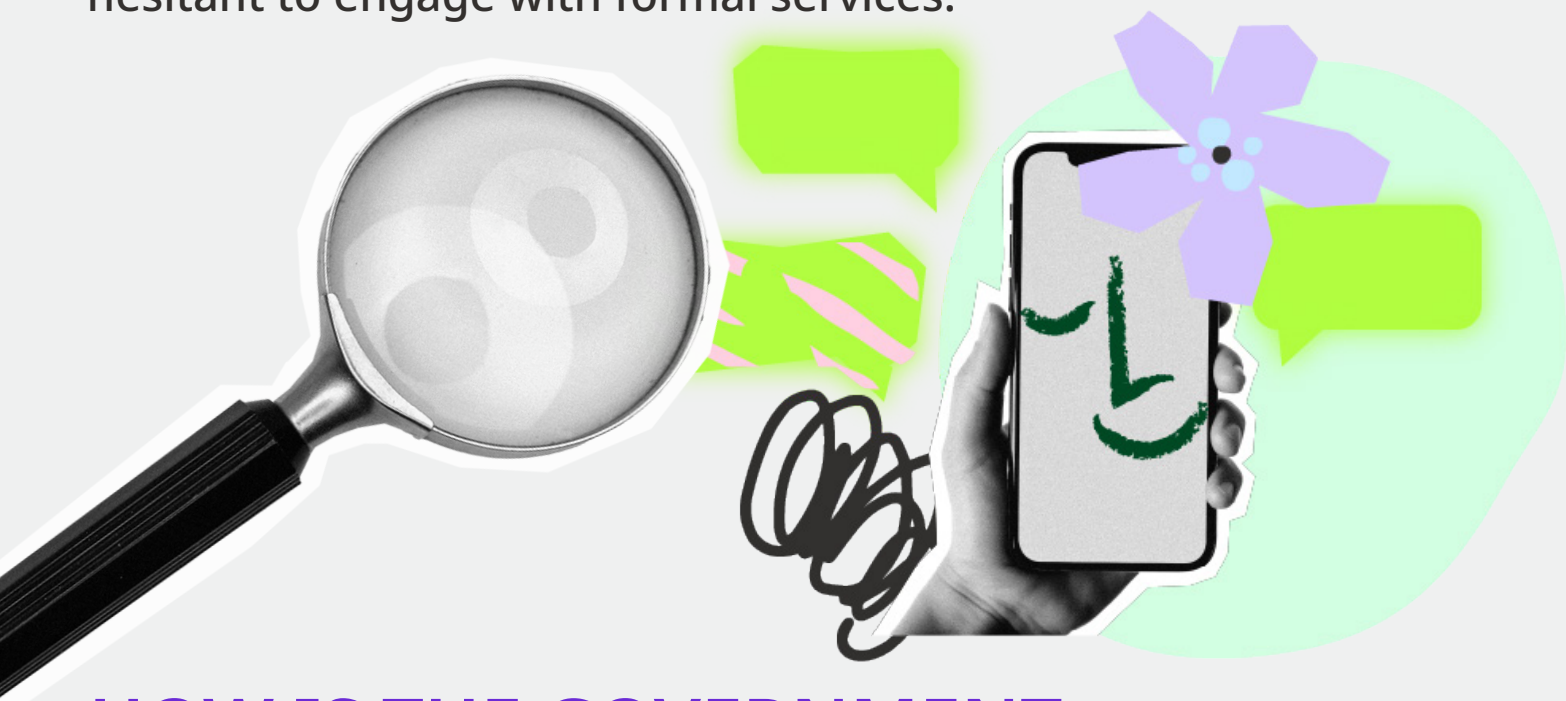
Chios, a remote island in the North Aegean, illustrates the uneven implementation of national mental health policy. Its mixed urban/rural population experiences limited access to specialised professionals, fragmented services, and low awareness of available mental health tools.

Schools, NGOs, and volunteer initiatives frequently act as primary support structures, delivering awareness activities and informal psychosocial support. Despite these efforts, stigma and limited information continue to hinder help-seeking behaviours among adolescents and young adults.

NEED FOR RESOURCE MAPPING

Following the COVID-19 pandemic, population-level digital data offer additional insight into emerging needs. Analyses using Google Trends indicate a notable post-pandemic increase in searches related to loneliness, anger, and support-seeking terms such as psychologist, psychotherapy, meditation, and anxiety-related medication.

These trends suggest rising emotional strain alongside increased readiness to seek help, often through online or informal entry points. This highlights the importance of **clear, accessible information and low-threshold pathways to care**, particularly for young people who may feel uncertain about where to start or hesitant to engage with formal services.



HOW IS THE GOVERNMENT ADDRESSING MENTAL HEALTH?

Quick context! Greece's mental health system has undergone reforms aimed at shifting from institutional care to more decentralised, community-based services.

The National Action Plan for Mental Health 2021–2030 emphasises decentralisation and community-based care. Law 2716/1999 remains the cornerstone of mental health reform, promoting deinstitutionalisation and the development of Community Mental Health Centres (ΚΨΥ).

Several initiatives support the strengthening of services and awareness. The Child and Adolescent Mental Health Initiative (CAMHI), co-supported by the Ministry of Health and the Stavros Niarchos Foundation, enhances service provision and professional training nationwide.

At the same time, Ministry of Education health promotion programmes integrate mental health literacy within schools. Art on Prescription, initiated by the Ministry of Culture, introduces cultural and artistic activities with therapeutic benefits, offering non-stigmatising, low-threshold entry points to mental health support — particularly relevant in regions with limited access to formal services.

LOCAL IMPLEMENTATION - NORTH AEGEAN ISLANDS

A key example of national policy applied locally is the **Mental Empowerment Programme for Children and Young Adults in the North Aegean**, led by the Child and Adolescent's Centre. The programme delivers experiential workshops across islands such as Chios, Samos, Lesbos, Limnos, and Psara, combining youth-focused activities with community awareness and parental support. It aligns with the National Action Plan for Mental Health 2021–2030 by extending prevention and empowerment initiatives to remote island regions.

SYSTEM CAPACITY AND COVERAGE GAPS

Despite these initiatives, system capacity remains constrained. Comparative data across 28 European countries place Greece among those with the lowest coverage of child and adolescent mental health services, highlighting a persistent gap between policy ambition and service delivery.

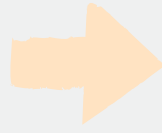


Geographic inequality is particularly pronounced:



75%

of child and adolescent psychiatrists are concentrated in Attica and Central Macedonia (approximately)



Leaving regions such as the North Aegean critically underserved. In practice, the entire region is often served by a single specialist, resulting in extremely limited coverage for island-based youth.



IDENTIFIED LOCAL GAPS (CHIOS)

Despite ongoing reforms, several gaps persist at local level. There is a shortage of child and adolescent psychiatrists and psychologists, alongside limited frequency and continuity of school-based mental health interventions. Prevention and awareness efforts often rely heavily on NGOs and volunteer initiatives. Tele-mental health services and validated digital tools in Greece remain insufficiently developed, and stigma continues to pose a significant barrier to help-seeking and social inclusion.

ABOUT THE PROJECT

The Youth Leadership Programme is funded by **Rare Impact Fund** to amplify the voice of young people within Mental Health Europe and beyond, fostering a movement of young leaders who drive cultural and social change. By transforming the narrative around mental health, young leaders will challenge stigma and advocate for tangible support in schools, care settings, and the wider community.

Active participation of young people in policy development and sociopolitical processes is essential for building a just and equitable society where everyone's mental health can thrive. For 2025–2026, the project will focus on implementing various engagement activities led by youth leaders at both European and local levels, with the goal of supporting the mental health of children and young people aged 12–25.

This infosheet is part of the Youth Leadership Programme. While it addresses the national context, it places particular emphasis on Chios Island, reflecting local realities and lived experience. It aims to map youth-friendly, low-barrier (peer and community) mental health support offers, helping young people find services that feel accessible, non-judgemental, and easy to reach - especially during moments when life feels overwhelming or too difficult to manage alone.



@mentalhealthyouthleadership



rare impact fund



Mental
Health
Europe

BIBLIOGRAPHY

- European Society of Child and Adolescent Psychiatry. (n.d.). Greek child psychiatry fights back to survive the crisis.
- Konstantakopoulos, G., Pikouli, K., Ploumpidis, D., Bougonikolou, E., Kouyanou, K., Nystazaki, M., & Economou, M. (2019). The impact of unemployment on mental health examined in a community mental health unit during the recent financial crisis in Greece. *Psychiatriki*, 30(4), 281–290.
- Koumoula, A., Marchionatti, L. E., Karagiorga, V. E., Schafer, J. L., Balikou, P., Mitropoulou, A., Serdari, A., Moschos, G., Athanasopoulou, L., Basta, M., Simioni, A., Vicenzi, J., Kapsimalli, E., Tzotzi, A., Mitroulaki, S., Papanikolaou, K., Triantafyllou, K., Moustaka, D., Saxena, S., & Evans-Lacko, S. (2024). Understanding priorities and needs for child and adolescent mental health in Greece from multiple informants: An open resource dataset. *European Child & Adolescent Psychiatry*, 33(11), 3649–3665.
- Koutra, K., Pantelaiou, V., & Mavroeides, G. (2023). Why don't young people seek help for mental illness? A cross-sectional study in Greece. *Youth*, 3(1), 157–169.

BIBLIOGRAPHY

- ➔ Marchionatti, L. E., Schafer, J. L., Karagiorga, V. E., Balikou, P., Mitropoulou, A., Serdari, A., Moschos, G., Athanasopoulou, L., Basta, M., Simioni, A., Vicenzi, J., Kapsimalli, E., Tzotzi, A., Mitroulaki, S., Papanikolaou, K., Triantafyllou, K., Moustaka, D., Saxena, S., Evans-Lacko, S., Androutsos, C., . . . Kotsis, K. (2024). The mental health care system for children and adolescents in Greece: A review and structure assessment. *Frontiers in Health Services*, 4, Article 1470053.
- ➔ Parpoula, C., Stalikas, A., & Diamanti, F. (2024). Assessing signs of mental health issues in Greece during the pandemic via Google Trends data analysis. *Psychology*, 15(8), 1356–1373.

