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# MENTAL HEALTH OF YOUNG PEOPLE ACROSS EUROPE

Based on survey results conducted in partner countries



**STRONGER YOU(TH)**

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# **Common Categories of Youth Support**

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## 01 Survey Insights Across Partner Countries

This document is based on the survey results conducted among young people as part of the STRONGERYOU(th) project. More than 300 respondents (from each partner country: Bulgaria, Cyprus, Italy, Lithuania, and Poland) participated in the study. The aim was to better understand the emotional, physical, and social needs of youth and to identify areas of support that could enhance their well-being.

### Key Cross-Country Findings

#### Demographics

Most survey participants across all countries were young people between 18 and 30 years old, with the largest groups falling in the 18–21 and 27–30 age ranges. The majority were female, and most respondents were students or young professionals. Educational backgrounds ranged from high school to master's degrees. While a large percentage did not identify as youth with fewer opportunities, a significant minority reported economic or health-related difficulties.

#### Mental Health Status

Across countries, many young people reported:

- Frequent or occasional mood swings, emotional fluctuations, and anxiety without clear causes
- Difficulties with emotional regulation, self-acceptance, and trust in others
- Feelings of inner emptiness and low or average self-esteem
- While most did not report self-harming behaviors, a significant number admitted to having such thoughts
- Encouragingly, many have already sought psychological help or are open to doing so

Most rated their mental health as average to rather good, and a large number feel they have someone they can rely on in difficult times.



## Motivation and Self-Evaluation

- In Poland, participants often mentioned emotional instability, loneliness, and the role of music and solo activities as coping tools.
- In Lithuania, many expressed high awareness of mental health triggers, with particular attention to anxiety, rejection, and motivation issues.
- In Italy, youth reported high emotional reactivity, feelings of misunderstanding, and moderate self-esteem, though many acknowledged the value of therapy.
- In Cyprus, participants frequently reported emotional disbalance, yet also showed a positive attitude toward self-help and personal growth.
- In Bulgaria, responses reflected mild emotional difficulty, with some concern over self-acceptance and impulsive decisions, but a generally stable self-image.

## Physical Health & Activity

### Across all countries:

- Most youth sleep 6–7 hours per night
- Processed food consumption is moderate, with fast food eaten occasionally (1–2 times per week)
- Physical activity is common: most exercise at least 2–3 times a week or do recreational activities like yoga, walking, or individual sports
- Participants generally rated their physical health as average to good

## Hobbies

### Popular hobbies included:

- Reading, drawing, crafting, music, sports, yoga, hiking, and photography
- Young people commonly link their hobbies to better emotional balance and personal identity development

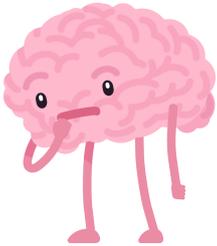
## Social Media Impact

### Social media plays a central role in youth lives:

- 33–40% of participants spend more than 3 hours per day online
- Most commonly used platforms: Instagram, TikTok, Facebook
- Social media is used both for leisure and information, especially related to mental health, lifestyle, science, and comedy
- Over 50% believe that social media has a significant or very significant impact on their mental health
- Although many youth try to monitor or reduce their screen time, some find it difficult to control usage



## PROPOSALS



### 01 Mental and Emotional Support

Psychological counseling, therapy, and support to help youth cope with stress, anxiety, and emotional challenges. Better understanding mental health issues and illnesses. Promotion of mental health awareness and prevention programs targeting depression, anxiety disorders, and suicide prevention.

### 02 Education and Skill Development

Educational programs and training that develop life skills, social communication, and personal growth. Support for academic learning and initiatives that help youth overcome educational difficulties.



### 03 Social Support and Integration

Initiatives that promote social inclusion of youth from diverse backgrounds, including migrants and minorities. Projects designed to combat social exclusion and encourage youth participation in community life, creating opportunities to build relationships and cooperate.

### 04 Crisis and Vulnerability Assistance

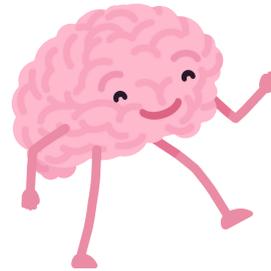
Support for youth facing violence, addiction, family problems, or other crises. Crisis intervention services, legal aid, and preventive programs addressing marginalization and vulnerable situations.





## 05 Physical Health and Healthy Lifestyle

Promotion of healthy lifestyles through sports, physical activity, and health education. Prevention programs focusing on substance abuse and overall well-being.

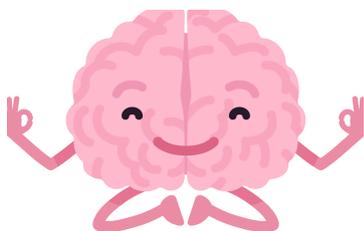
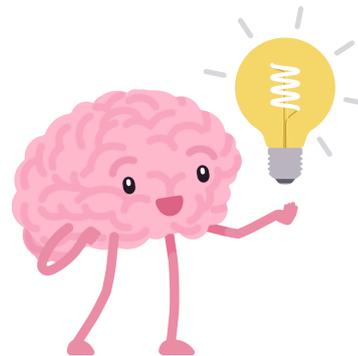


## 06 Career Support and Employment Guidance

Career counseling, vocational training, and programs preparing youth for the labor market. Assistance in finding jobs, developing professional skills, and planning career paths.

## 07 Creativity and Its Impact on Mental Health

Encouraging creative expression through art, music, writing, and other creative activities as a therapeutic tool. Programs that use creativity to improve self-esteem, emotional resilience, and overall mental well-being.



## 08 Mindfulness Practices: Yoga and Meditation

Promotion of mindfulness techniques such as yoga and meditation to support mental health. These practices help reduce stress, improve emotional regulation, and foster a sense of inner peace and balance.