

# Reaching out to you!



## Project Newsletter

December 2025

Dear reader,

We are reaching out to you to proudly share our progress, our mission, and the collaborative spirit that has driven us forward since YOUTHreach began one year ago. YOUTHreach was created to meaningfully improve youth mental health across Europe by evaluating, adapting, and implementing three youth-friendly mental health interventions. This newsletter highlights our achievements so far and celebrates the people behind the project.

Our consortium brings together a unique blend of strengths: youth engagement and co-production, comparative research, clinical expertise, trial methodology, health economics and policy, social sciences, humanities, and digital health. If you want to engage with our project, connect with us, share your ideas, and become part of our community, we warmly encourage you to reach out through our website and social media channels. Your voice and involvement truly matter!

Wishing you a wonderful New Year, and we look forward to creating impact together in the year ahead!



@YOUTHreach\_eu

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[www.youth-reach.eu](http://www.youth-reach.eu)



*Serious  
mission,  
awesome  
people!*





# PROJECT JOURNEY

Phase

REACHING TOWARDS OUR GOALS

**2025-2026**



## KICK-OFF MEETING

Starting our project in the heart of Europe at the Maastricht University Brussels Hub. [Read more](#)



## STAKEHOLDER GROUPS

Our engagement groups are fully established across all partner countries: an exciting milestone for YOUTHreach. Together, these groups bring diverse voices and expertise to the project. We are deeply grateful for their commitment and enthusiasm.

FIRST MEETING WITH OUR MENTAL  
HEALTHCARE ADVISORY GROUP  
(MAG)

The MAG brings together professionals, carers, and young people with lived experience to co-create better mental health services for youth aged 14-25.

Funded by  
the European Union



## WEBSITE & SOCIALS

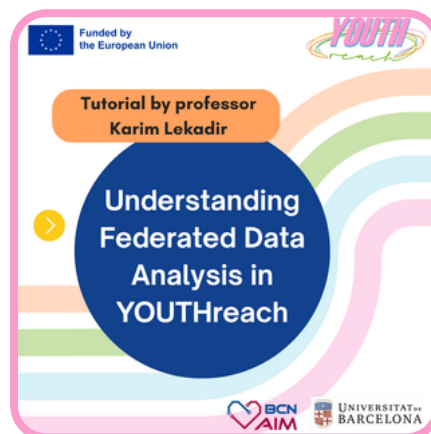
The project website [www.youth-reach.eu](http://www.youth-reach.eu) and the connected social media channels (@youthreach\_eu on LinkedIn and Instagram) provide news and insights from the project and interesting other resources on youth mental health.



## DATA MANAGEMENT PLAN

The Data Management Plan has been prepared, including our approach towards Federated Data Analysis.

[Read more](#)





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## CLINICAL STUDY PROGRESS

Our clinical studies are well underway, thanks to the tremendous efforts across all sites. Study protocols have been developed and refined. Questionnaires and other study materials have been translated into the required languages to ensure accessibility across countries. Manuals and guidance documents for clinicians, researchers, and youth co-researchers have been carefully written and finalised. Most ethical approval documents have now been approved or (re-)submitted, with the remaining ones in preparation to be submitted this December.

## ADVISORY BOARD

Our External Expert Advisory Board offers strategic guidance and expert advice on scientific, technological, and exploitation matters, helping to ensure that YOUTHreach achieves its goals. We are delighted that this diverse group of leading professionals with deep expertise in youth mental health, public health, policy, and innovation is involved in YOUTHreach. [Read more](#)

WEBINAR BY RESEARCH  
PROFESSOR INIGO DE  
MIGUEL BERIAIN

Webinar on new EU  
Health Data Space  
Regulation (EHDS).



### Symposium YOUTHreach: Bridging Gaps in Mental Health Support | A Comprehensive European Strategy.

Tackling the youth mental health crisis  
with 3 innovative, co-created  
interventions.

08/09/2025

THERESE VAN AMELSVOORT  
COVADONGA MARTÍNEZ DÍAZ-CANEJA  
MATTHEW BROOME/ SIÂN LOWRI GRIFFITHS



#IEPABERLIN

## FIRST CONFERENCES

YOUTHreach has already taken its first steps in international outreach. In recent months, team members presented the project at several key international meetings, including the [IEPA](#) (International Early Psychosis Association) conference and the [Nordic Headspace network](#) meeting. Exchange with other EU funded projects, like [www.youth-gems.eu](http://www.youth-gems.eu), was also facilitated.

## OUTREACH STRATEGY

The YOUTHreach outreach strategy is designed to ensure that young people, mental health professionals, researchers, and policy stakeholders across Europe are actively engaged throughout the entire project. Our approach builds on openness, visibility, and co-creation.



## STAKEHOLDER ENGAGEMENT GROUPS

To ensure our work is inclusive, ethical, and grounded in real-world needs, we have set up stakeholder engagement groups that bring together diverse expertise and lived experience to guide the design, evaluation, and implementation of youth-friendly mental health interventions across Europe.

### > YOUTH ADVISORY GROUP (YAG)

In partnership with the University of Birmingham, YOUTHreach regularly involves a YAG that shapes the project by defining youth needs, co-designing outcomes, and contributing as co-researchers and communicators, ensuring a genuinely youth-centred approach. [READ MORE](#)

### > MENTAL HEALTHCARE ADVISORY GROUP (MAG)

The MAG brings together mental health professionals and key supporters in young people's lives (psychiatrists, psychologists, educators, social carers, healthcare managers and parents) alongside youth representatives from the YAG. This group focuses on mapping and defining the most effective care and referral pathways for the three interventions being evaluated. [READ MORE](#)

### > DATA ADVISORY GROUP (DAG)

The DAG includes Data Protection Officers, data and IT managers, clinical researchers, and AI developers. Their role is to guarantee legal, ethical, and FAIR (Findable, Accessible, Interoperable, Reusable) data practices. They help strengthen the quality and long-term value of the data generated through YOUTHreach.

### > SOCIAL SCIENCES & HUMANITIES ADVISORY GROUP (SAG)

Our SAG, made up of ethicists, social scientists, healthcare professionals, and youth representatives, helps ensure our work identifies and reflects on the values of young people across the different countries participating in YOUTHreach. [READ MORE](#)

### > HTA ADVISORY GROUP (HAG)

The Health Technology Assessment (HTA) Advisory Group brings together health economists, policymakers, municipal representatives, educators, healthcare professionals, and members of the Youth Advisory Group (YAG). The group focuses on feasibility, resource use, and the wider system impact of the interventions, and develops recommendations and policy options to support future implementation across Europe.

THERE IS SOMETHING TRULY BEAUTIFUL ABOUT PUTTING YOURSELF OUT THERE AND CONTRIBUTING TO A BIGGER CAUSE. AND WHO KNOWS? IT MIGHT JUST CHANGE YOUR LIFE... AND YOU'LL HAVE TO THANK ME LATER.

[BLOG OF DARIA \(YAG MEMBER\)](#)



# Your voice

## #SHAPINGYOUTHMENTALHEALTH

# matters.



YOUTHreach would not be possible without the incredible commitment of our consortium partners across Europe.

We extend our heartfelt thanks to:

- All research and clinical teams who drive the scientific and practical work.
- Our Youth Advisory Group, whose voices guide our direction.
- The European Union, for funding and supporting this initiative through the Horizon programme.
- Our Advisory Board, whose expertise ensures scientific rigor, ethical integrity, and long-term impact.

**Thank you**  
**Bedankt**  
**Grazie**  
**Gracias**  
**Danke**  
**Aitäh**

Thank you for being part of YOUTHreach whether as a consortium member, youth advisor, policymaker, practitioner, or supporter. We are proud of what we've built together and excited for all that lies ahead. Stay tuned for updates, new materials, and opportunities to get involved!



### Interested in our research?

Reach out anytime!  
Nice to meet you!



No longer wish to receive our updates? You can unsubscribe at any time by contacting us [here](#).

We respect your privacy. Your data will never be shared with third parties.

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