

YOUTHreach

Strengthening Youth Mental Health in Europe



What is YOUTHreach?

YOUTHreach is a five-year European research and implementation project aimed at improving early and accessible mental health support for young people aged 12–24. The project brings together 14 institutions from 9 countries to evaluate and implement three youth-friendly mental health interventions that are already promising in practice.



Why it matters?

Mental health challenges are a major source of distress for young people in Europe. Many can't find support that feels safe or relevant. YOUTHreach bridges this gap by combining research, youth voices and real-world testing of 3 interventions.

The Goal

To evaluate and implement 3 evidence-based, youth-friendly mental health interventions. Each intervention will be implemented and evaluated in different European contexts, to learn how to reach and support diverse youth populations.

The Interventions

- 1 Youth walk-in centers: low-threshold, free, community-based support services where young people can seek help without referral.
- 2 App-based training: designed to help young people monitor and manage their mental wellbeing.
- 3 A hybrid peer-supported online platform: combining professional guidance with structured peer support to reduce stigma and encourage help-seeking.

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Co-creation with Youth

At YOUTHreach, mental health solutions for young people are shaped with young people. The Youth Advisory Group (YAG) with youth representatives from across Europe plays a central role in this work. The YAG informs and guides decisions, materials, and communication to keep the project relevant and youth-centred. Their insights help break down barriers and support the co-creation of mental health interventions that work!

Outcomes

- Improved understanding of youth-friendly approaches to mental health.
- Evidence for scaling up effective interventions across Europe.
- Recommendations for policymakers and care providers.
- Stronger networks linking researchers, care providers, and youth.

Partners

With partners from universities, NGOs and care providers across Europe and Australia, YOUTHreach fosters cross-country learning to identify shared barriers and solutions in youth mental health support.



Learn More

Website: www.youth-reach.eu

LinkedIn: @youthreach_EU

Instagram: @youthreach_EU



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