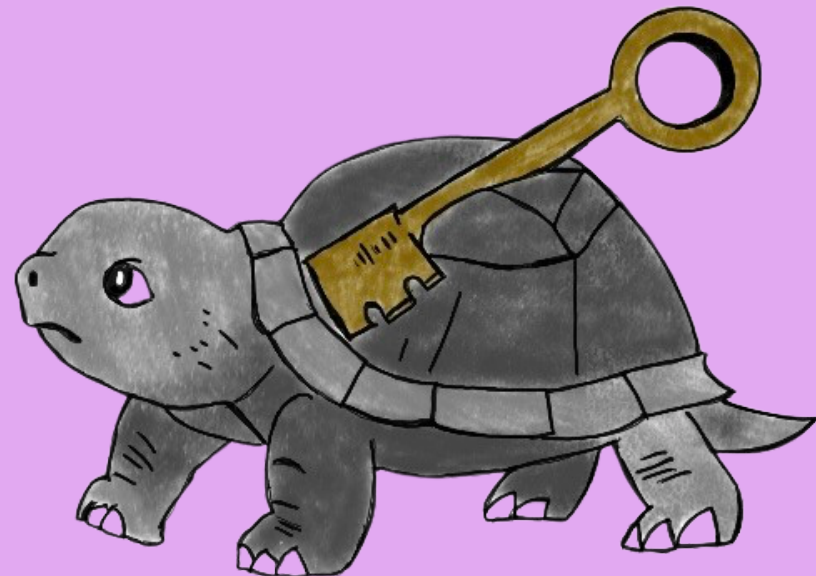




YOUR VOICE MATTERS



By Alessandra Soto Ruiz





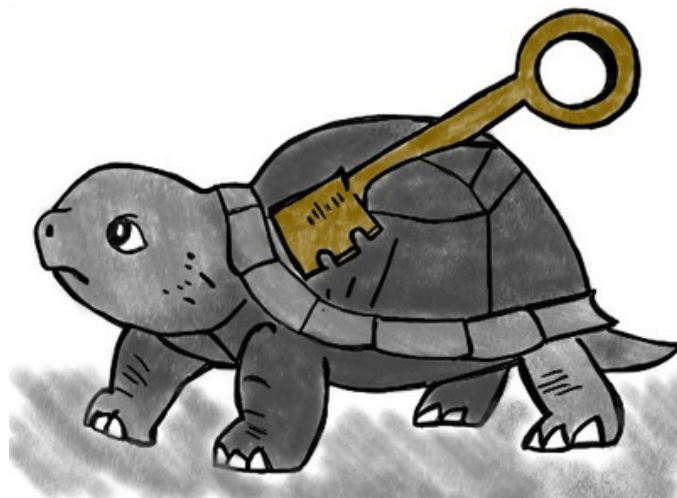
ACROSS EUROPE, MANY YOUNG
PEOPLE STRUGGLE WITH THEIR
MENTAL HEALTH.

ONE OF THE BIGGEST BARRIERS IS
STIGMA.
SOMETIMES, IT FEELS LIKE A RAVEN IS
WATCHING.

SUPPORT ISN'T ALWAYS AFFORDABLE...



AND ACCESS TO SUPPORT CAN FEEL
SLOW AND OUT OF REACH...







THAT'S WHERE YOUTH INVOLVEMENT HELPS:
CO-CREATION



CO-CREATION MEANS YOUNG PEOPLE HELP SHAPE
SOLUTIONS TO THE BARRIERS THEY FACE.



9

countries



14

institutions



5

years



8.5

million euros

