

Reaching out to you!



Project Newsletter

June 2026

Dear reader,

As we reach the halfway point of the second year of YOUTHreach, we are excited to share the next chapter of our journey. Over the past year, our consortium has worked intensively on designing and preparing the foundations for our research. We are now entering a particularly exciting stage: implementation.

Across seven European countries and Australia, the YOUTHreach studies are beginning to take shape. Participant recruitment is underway and researchers are starting to collect valuable data that will help us better understand how youth-friendly mental health interventions can be successfully implemented in different settings and contexts.

Collaboration remains at the heart of YOUTHreach. We look forward to strengthening connections with other European mental health initiatives, sharing knowledge, and working together towards a common goal: improving mental health support for young people across Europe and beyond.

Thank you for following our progress and supporting our mission. We hope you enjoy this newsletter and invite you to stay connected as we continue to learn, collaborate, and create impact together.



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*Serious
mission,
awesome
people!*



PROJECT JOURNEY

REACHING TOWARDS OUR GOALS

2026 mid year update



CONSORTIUM MEETING #2

In January 2026, researchers, youth representatives and other partners came together in Barcelona for the consortium's **second annual meeting**. Over two inspiring days, participants shared progress, strengthened collaborations, and explored approaches to improving youth mental health across Europe. [Read more...](#)

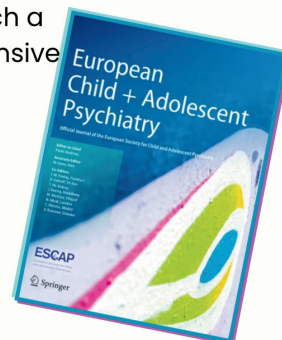
CONSORTIUM PAPER

We are pleased to share the **YOUTHreach consortium paper** (published early 2026), which provides an overview of the project's vision, objectives, and innovative approach to improving youth mental health across Europe. The paper outlines how YOUTHreach combines youth participation, digital innovation, implementation science, and international collaboration to develop and evaluate accessible mental health interventions. It also highlights the project's commitment to ethical, inclusive, and evidence-based research. We invite you to [explore](#) the paper and learn more about the foundations guiding YOUTHreach's work and ambitions.

NEW ARTICLE

Bridging gaps in youth mental health care:

YOUTHreach a comprehensive European strategy



WELCOME TO A NEW PARTNER

We are delighted to welcome **headspace Denmark** as a new associated partner in the YOUTHreach consortium. Their expertise in youth-friendly mental health support, stakeholder engagement and community-based services will strengthen our collective efforts to improve mental health outcomes for young people across Europe. We look forward to working together and benefiting from their valuable experience and insights as the project moves forward.

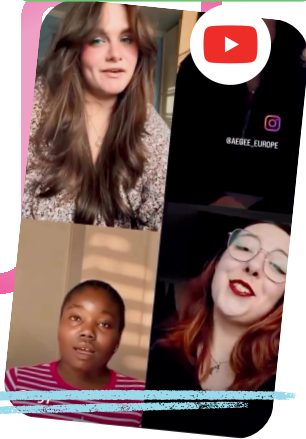


PROJECT JOURNEY

REACHING TOWARDS OUR GOALS

2026 mid year update

Our Youth Advisory members made a video to introduce themselves. [Click here](#) to watch it!



IMPACT REPORTS

We are proud to share the very first YOUTHreach **Youth Advisory Group (YAG) Impact Report**, showcasing an inspiring year of youth-led collaboration, creativity and impact across the consortium. The report captures memorable milestones and contributions to international discussions on youth mental health. Don't miss out and read the report [here](#).

Our project partner AEGEE-Europe, working closely with young leading voices, has also **published a report** exploring how mental health challenges can affect young people's enjoyment of their human rights.

Both pieces underline how young people's perspectives are central to understanding and addressing mental health across Europe.



CLINICAL STUDY PROGRESS

WE ARE EVALUATING THE CLINICAL EFFECTIVENESS AND COST-EFFECTIVENESS OF THREE EXISTING AND ACCESSIBLE INNOVATIVE INTERVENTIONS

- 1** **YEAH**
Walk-in youth mental health support centres
- 2** **SELFIE**
Guided self-help app
- 3** **MOST**
Digital treatment platform



Funded by the European Union

YOUTHreach has entered the implementation phase of its 3 **clinical studies** regarding the interventions YEAH, SELFIE and MOST. Participant recruitment has started and the first inclusions are already taking place.

We thank all YAG members and AEGEE-Europe for their valuable work for our consortium!



PAPER ON SELFIE 1.0

NEW ARTICLE

The cost-effectiveness of SELFIE 1.0: Is the SELFIE intervention worth the financial investment?



A recent paper has been published based on previous data from one of the **interventions in our study**, offering valuable insights and a strong foundation for further work in this area via YOUTHreach.



DATA & FEDERATED LEARNING

YOUTHreach is making significant progress in the development of its **federated learning framework**, an innovative approach that enables researchers to analyse data across multiple sites while keeping sensitive information securely stored at its source. The project has entered the next phase: training and testing the models using existing datasets from across the consortium. These analyses will help evaluate both the performance and fairness of the federated learning approach, ensuring that future AI-supported mental health tools are effective, robust, and equitable. By combining expertise and data from multiple countries, YOUTHreach is laying the groundwork for responsible and privacy-preserving innovation in youth mental health research.



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. [READ MORE](#)

> 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. [READ MORE](#)

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.
- All the staff of the participating centres of YEAH in Australia, The Netherlands, Germany, Ireland, Estonia, The United Kingdom and Italy.
- 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!



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