

"When you're struggling, **reaching** the right support shouldn't feel like another challenge."

BRIDGING GAPS IN YOUTH MENTAL HEALTH CARE

YOUTHREACH – a comprehensive European strategy

YOUTHreach consortium



THE CHALLENGE

- Nearly half of young people in Europe report **unmet mental health care needs**, while only around 20–30% of young people experiencing mental health problems receive care.
- **Barriers** include stigma, limited mental health literacy, long waiting lists, costs, a lack of youth-friendly services and difficulties navigating transitions between child and adult mental health care.
- Promising youth-friendly approaches exist, but large-scale, comparative **evidence** about what works, for whom, where and at what cost is still lacking.

BRIDGING THE GAP

- Strengthen youth mental health in Europe by generating real-world evidence on **accessible, youth-friendly interventions** and translating this evidence into a comprehensive **European strategy**.
- We evaluate three promising interventions for **prevention and early intervention** across different countries, healthcare systems and population groups.
- Shaped with **youth**.

3 COMPLEMENTARY EXISTING INTERVENTIONS



YEAH

Youth mental health support centres are low-threshold, free, community-based support services where young people can seek help with or without referral.

YOUTHreach is evaluating youth mental health support centres across Europe and examining their effectiveness, accessibility, user experience, safety, cost-effectiveness and potential for expansion.



SELFIE

SELFIE combines sessions with a mental health professional with a digital training programme delivered through an app. The programme provides exercises that can help young people build self-confidence, manage stress and develop healthier habits in everyday life.

YOUTHreach is testing whether SELFIE is effective and cost-effective under real-world conditions and whether it can be implemented in different European healthcare systems.



MOST

MOST is a hybrid peer-supported online platform: combining professional guidance with structured peer support to reduce stigma and encourage help-seeking.

YOUTHreach is evaluating whether this approach can effectively support young people across different European settings and whether it represents a cost-effective addition to existing mental health services.

EUROPEAN YOUTH MENTAL HEALTH FRAMEWORK

YOUTHreach will bring together evidence from across Europe to develop a comprehensive European youth mental health framework including:



Evidence

Comparative clinical and economic evidence on three promising interventions



Tools & data

Open research outputs, outcome measures and resources for researchers and clinicians



Best practices

Recommendations for implementing youth-friendly mental health support in different contexts



Policy & practice guidance

Evidence to support policymakers, healthcare professionals and organisations in making informed decisions



Knowledge & awareness

Accessible information for young people, professionals, policymakers and the wider public



SHAPED 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.



REACH out to us!

YOUTHreach is a five-year European research and implementation study aimed at improving early and accessible mental health support for young people aged 12–24. The project brings together 15 institutions from 10 countries to evaluate and implement three youth-friendly mental health interventions that are already promising in practice. Our vision? A youth mental health system that is easier to access, more responsive to young people's needs, and better supported by evidence.



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