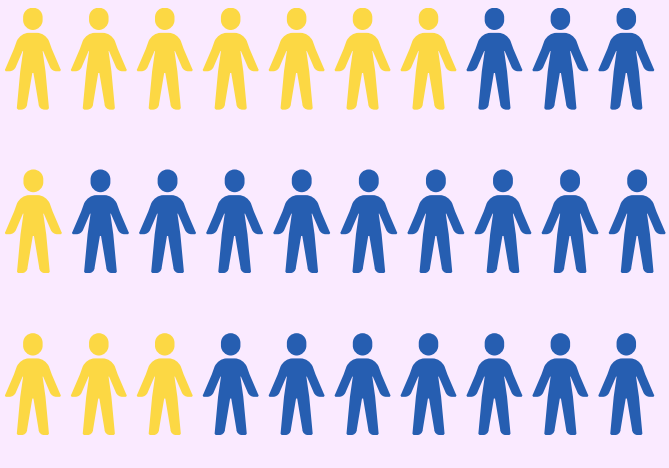
“No Agenda” Advocacy

Infographic on the Reality of Young People's Mental Health

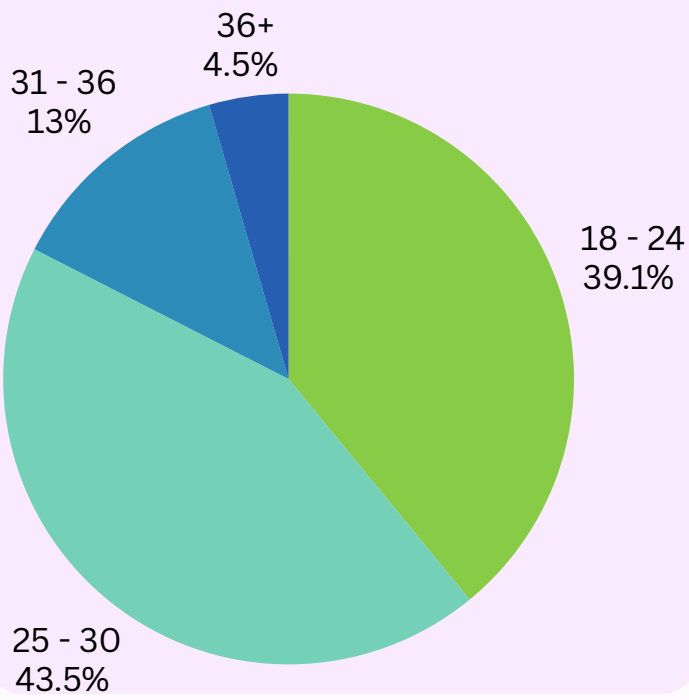
YEU, in the framework of the No Agenda Advocacy Initiative " Resilient Youth: caring for mind, heart and soul "co-founded with the European Union, has launched a survey to better understand the mental health and well-being of young people. This infographic presents key insights from the survey, highlighting the challenges and needs that impact their mental resilience today.

Respondent profil

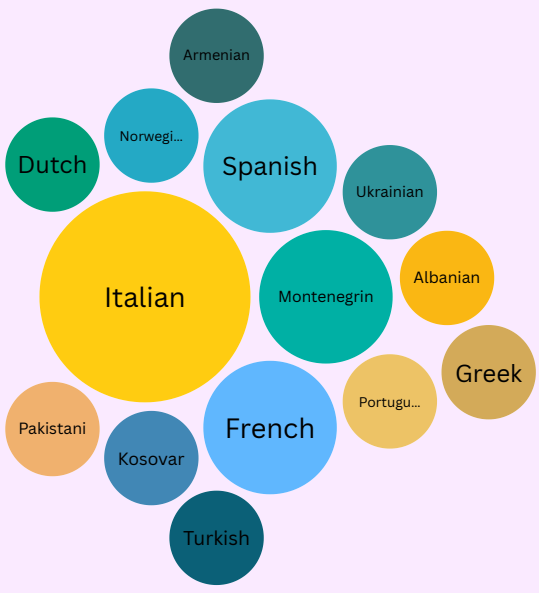


65% *of respondents identified as cis-women*
30% *as cis-men, and* ***4%*** *as non-binary, reflecting a diverse range of gender identities, with cis-women making up the majority.*

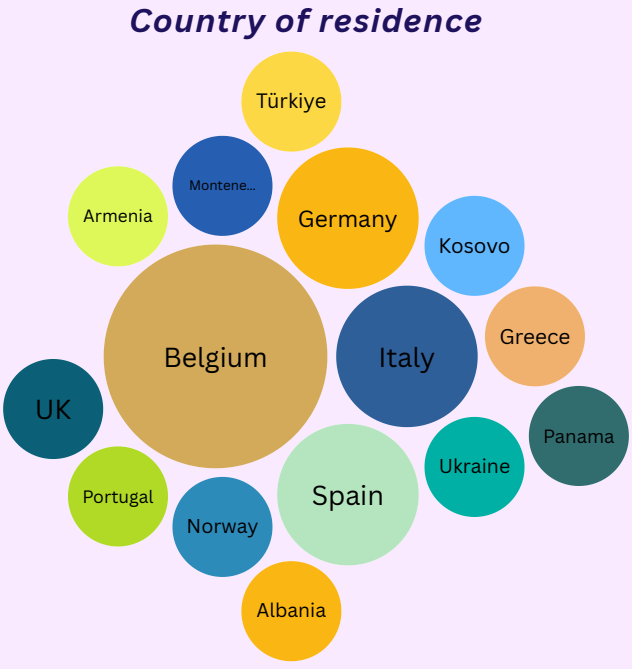
*Most respondents are aged between 18-30 (**82%**), with **50%** still students and the other **50%** already employed, mostly holding a bachelor’s or master’s degree.*



Nationality of respondents



Country of residence



Most respondents live in European countries or in third countries close to Europe, with the majority residing in Belgium, Germany, Spain, and Italy, and holding nationalities from Spain, France, and Italy.
*This highlights that the survey **reflects mental health and well-being primarily in the European** context and does not represent a global perspective.*

Relation to well-being

What percentage of energy did you feel when you woke up this morning?



8.3 % ***37.5 %*** ***45.8 %*** ***8.3 %***

*Overall, respondents are generally satisfied with their current mental health, but not overly so, with **70%** feeling "satisfied" rather than "very satisfied."*

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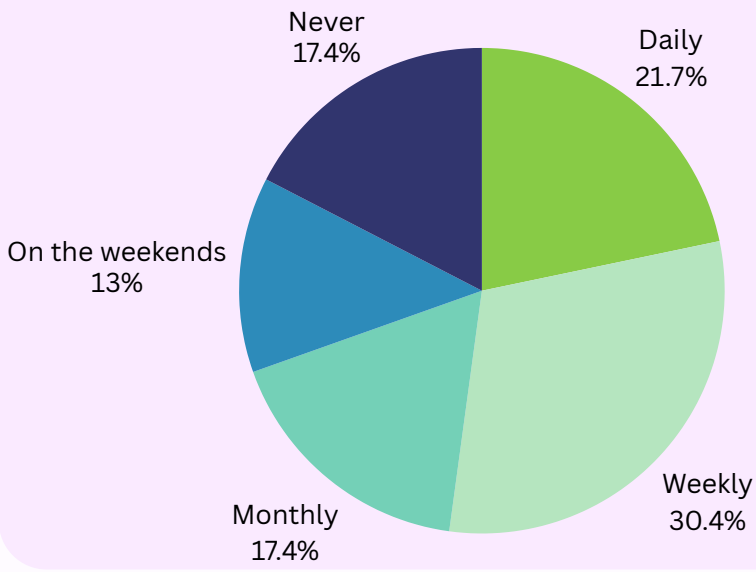
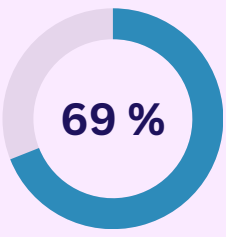
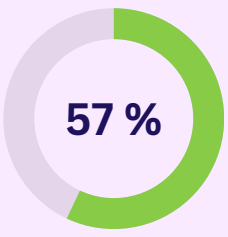
Actions for Mental Health and Well-being



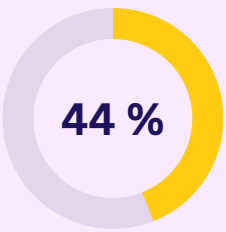
*The survey reflects a positive outlook on mental health habits, with **50%** of respondents taking care of their well-being daily or weekly. Only **17%** reported never caring for their mental health.*



***69%** are satisfied or mostly satisfied with their current mental health status.*



*Paradoxically, more than **50%** respondents almost never or only occasionally celebrate their achievements and progress.*



***44%** are moderately motivated to take care of their mental well-being in their everyday life.*

Activities practiced



***57%** consider meeting friends and going out as important activities for maintaining their mental well-being.*



***44%** consider spending time outdoors in nature as an important activity for maintaining their mental well-being.*





***22%** practice sports, go to the gym, or engage in yoga or creative activities to support their mental well-being.*

Tools and resources used



***34%** use journaling or mood boards as tools to support their mental health and well-being, finding these practices helpful for self-reflection and emotional expression.*

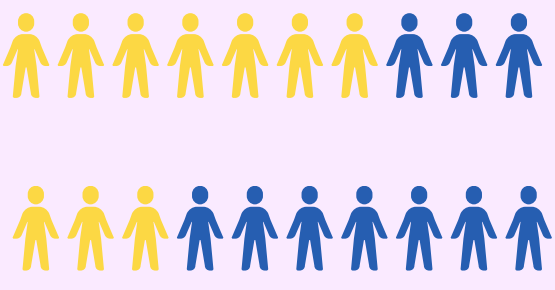


***33%** use well-being videos as tools or resources to support their mental health, drawing on them for relaxation, motivation, and self-care tips.*



***28%** listen to podcasts as a tool to support their mental health, using them for inspiration, relaxation, and personal growth.*

***50%** found their mental well-being tools and resources moderately useful, while only **16%** considered them very effective, highlighting the varying levels of impact these resources have on individuals' mental health. However, it's encouraging that many are using online tools, such as well-being videos and podcasts, showing a proactive approach to mental health.*



***62%** of respondents have never sought professional help for their mental health, such as seeing a psychologist, therapist, or counselor, while **37%** have sought professional support.*

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Social environment and mental well-being

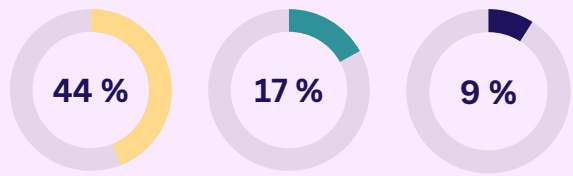


30% *said that COVID-19 has affected their mental health, highlighting the lasting impact of the pandemic on young people's well-being.*



39% *feel they can rely on the support from people around them, such as family, partners, friends, and youth workers, indicating a moderate level of social support in their lives.*

Do you think seeking for professional help for mental health is a taboo ?



Not agree or disagree ***Strongly disagree*** ***Strongly agree***

This results show that a small but notable portion still perceives stigma around professional mental health support.

Main sources



50% *identified culture as a main source of their perception that seeking help from a professional is considered a taboo.*



17% *cited personal beliefs as the main factor influencing their perception that seeking professional help is considered a taboo.*



9% *identified friends and their local community as the main source of their perception that seeking professional help is considered a taboo.*

Work or school environment



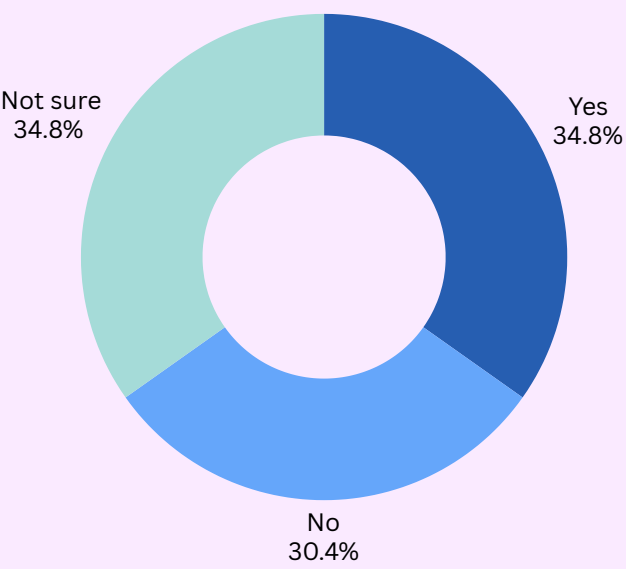
48% *indicated that their work or school environment never offers initiatives or activities that promote mental well-being, highlighting a lack of support in these settings.*



44% *felt that their work or school environment moderately helps them balance their mental health with their responsibilities and commitments.*



17% *said they never have opportunities for breaks or relaxation during their work or school day,* ***44%*** *reported having such opportunities moderately, and* ***4%*** *said they have them very often.*



Discussing Mental Health with Supervisors or Professors

34% *are unsure*
34% *feel comfortable,*
and ***30%*** *do not feel comfortable , reflecting a persisting stigma within work and educational environments. This underscores the need for broader initiatives to normalize and encourage open discussions about mental health in these contexts.*

> ***“ I wish I could undergo more psychological treatment, but the costs are too high. “***

> ***“ My answers and current vision on questions and wellbeing is highly affected by ongoing russia’s war in Ukraine, I don't have a clear line between COVID times and war. For example, some restrictions were lifted and some started or continued. “***

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