



EU
SUMMIT
ON YOUTH
MENTAL HEALTH

June 2025 | Warsaw, Poland

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1. BACKGROUND AND RATIONALE

Mental health is a foundational pillar of well-being, yet children and adolescents across Europe are facing unprecedented challenges that threaten their psychological resilience and long-term development. The digital transformation of society has reshaped social interactions, learning environments, and self-perception, introducing new stressors such as cyberbullying, social media-induced anxiety, excessive screen time, and digital addiction. While technological advancements offer opportunities for mental health support—such as teletherapy, digital well-being apps, and AI-driven psychological interventions—they also pose significant risks if not adequately regulated and addressed through comprehensive strategies.

The **European Summit on Youth Mental Health** aims to serve as a high-level platform that brings together **policymakers, researchers, mental health professionals, educators, civil society organizations, and, most importantly, youth themselves** to discuss and co-develop innovative solutions that address these pressing concerns. The summit will be held against the backdrop of growing **international momentum on mental health**, reinforced by global frameworks such as the **WHO Comprehensive Mental Health Action Plan (2013–2030)**, the **EU’s Strategy on the Rights of the Child**, the **European Child Guarantee**, and the **UN Sustainable Development Goals (SDG 3: Good Health and Well-being and SDG 4: Quality Education)**.

While the priorities of the **Polish Presidency in the EU Council** provide a strategic policy foundation—particularly in **health security, prevention, and mental well-being in the digital age**—this summit extends beyond EU boundaries, aligning with the broader **international movement for youth mental health policy reform, innovation, and youth engagement**.

The summit is designed to be **youth-led and youth-centered**, ensuring that young people are not only the subject of discussions but active participants in shaping solutions that directly impact them.

2. OBJECTIVES

The summit seeks to achieve the following overarching objectives:

1. Raise Awareness:

- Illuminate the growing mental health crisis among youth in Europe, with a particular focus on digital-age challenges.
- Advocate for **mental health literacy** among policymakers, educators, and caregivers.

2. Foster Multi-Sectoral Collaboration:

- Strengthen partnerships between **governments, international organizations, academia, tech companies, youth-led initiatives, and civil society** to develop **evidence-based and sustainable solutions**.
- Encourage **cross-border cooperation** in mental health policy harmonization and service delivery.

3. Empower Youth Voices in Policymaking:

- Establish a **Youth Advisory Board** within the summit to **co-create policy recommendations**.
- Provide platforms for **youth-led initiatives, research, and lived-experience testimonials**.

4. Promote Innovation in Mental Health Solutions:

- Highlight emerging technologies, AI applications, digital tools, and intervention models for **mental health promotion, prevention, and treatment**.
- Address **both opportunities and risks** of digital mental health interventions.

5. Develop Policy Recommendations and Commitments:

- Produce a **Youth Mental Health Declaration**, outlining actionable commitments for governments, institutions, and stakeholders.
- Generate a **policy roadmap** aligned with **EU priorities** and **global mental health frameworks**.

3. KEY THEMES

The summit will explore a diverse range of topics under the umbrella of youth mental health, structured around the following **thematic pillars**:

1. Mental Health in the Digital Age: Challenges and Opportunities

- The psychological effects of **social media, cyberbullying, and online validation culture**.
- The impact of **artificial intelligence and algorithm-driven content** on youth mental well-being.
- Emerging technologies as **a force for good**: digital mental health solutions, mental health chatbots, and teletherapy.

2. Prevention and Early Intervention in Schools and Communities

- Strengthening **school-based mental health programs** and integrating psychosocial support into curricula.
- Role of teachers and parents in **early detection of mental health struggles**.
- Mental health **promotion campaigns** targeting stigma reduction.

3. Youth-Led Advocacy and Participation in Policy Development

- Enhancing **youth engagement** in national and European mental health strategies.
- Best practices in **youth-led mental health initiatives and peer-support networks**.
- Policy innovation: Ensuring young people's perspectives are incorporated into **EU and national mental health policies**.

4. Cross-Sectoral Approaches: Mental Health in Healthcare, Education, and Technology

- Strengthening **primary healthcare systems** to support youth mental health.
- Building interdisciplinary collaboration between **mental health professionals, educators, and policymakers**.
- Ethical considerations in **AI and digital interventions** for mental health.

5. Inclusion and Equity in Youth Mental Health

- Addressing **the mental health needs of marginalized and vulnerable youth**, including refugees, LGBTQ+ youth, and those with disabilities.
- Bridging **socioeconomic disparities** in access to mental health services.
- Strategies to enhance **cultural competency in mental health interventions**.

4. SUMMIT FORMAT AND METHODOLOGY

The summit will feature an **interactive and multi-format approach** to ensure meaningful engagement from all stakeholders. Proposed formats include:

- **High-Level Panel Discussions:** Policymakers, mental health experts, and youth advocates discuss pressing topics.
- **Workshops and Interactive Roundtables:** Focus on solutions and practical takeaways for mental health interventions.
- **Youth-Led Sessions and Lived-Experience Panels:** Youth present their ideas, experiences, and projects.
- **Exhibition Space for Innovations:** Digital and AI-driven mental health solutions showcased by startups and researchers.
- **Regional and Cross-Border Dialogue Spaces:** Discussions between representatives from different European regions to share best practices.

To **maximize accessibility and inclusivity**, the summit will adopt a **hybrid format**, allowing both in-person and virtual participation.

5. EXPECTED OUTCOMES

By the end of the summit, the following key outcomes are anticipated:

1. **A European Youth Mental Health Roadmap**, co-developed by stakeholders and youth, with recommendations for governments and institutions.
2. **Formation of a European Youth Mental Health Coalition**, fostering long-term collaboration among youth-led and institutional actors.
3. **A commitment from policymakers and stakeholders** to increase investment in youth mental health services.
4. **Knowledge exchange and capacity-building**, equipping participants with tools to implement mental health promotion initiatives.
5. **Cross-sectoral policy recommendations** for ethical digital mental health innovations.

6. PARTNERS AND STAKEHOLDERS

The summit will engage a **diverse range of stakeholders**, including:

- **EU Institutions** (European Commission, European Parliament).
- **International Organizations** (WHO, UNICEF, UNESCO, Council of Europe).
- **National and Regional Governments.**
- **Mental Health NGOs and Research Institutions.**
- **Youth Organizations and Activists.**
- **Tech Industry and Private Sector** (AI and digital well-being companies).

Strategic partnerships with **Polish institutions and EU mental health networks** will provide additional support.

7. PROPOSED DATE AND LOCATION

 **Proposed Location:** Warsaw, Poland

 **Proposed Date:** TBC June, 2025

Poland, as the host country, aligns with the **Polish EU Council Presidency's focus on mental health** while also providing a **central meeting point for European stakeholders**.

8. BUDGET AND FUNDING STRATEGY

A comprehensive budget will be developed, covering:

- **Venue and logistics.**
- **Speakers and participant travel** (especially for youth from marginalized communities).
- **Technology and hybrid setup** for global accessibility.
- **Promotion and media coverage.**

Funding will be sought through **grants, institutional sponsorships, and public-private partnerships.**

9. CONTACT INFORMATION

For inquiries, partnerships, or sponsorships, please contact:

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