

GLOBAL DIALOGUE ON YOUTH MENTAL HEALTH POLICY

ECOSOC Youth Forum Side Event

1. Background and Rationale

Mental health is a growing global concern, especially for young people who face unique challenges in education, employment, and personal development. Despite increasing recognition in **United Nations frameworks**, youth mental health remains underfunded and inadequately integrated into global policies. Many young people still lack access to **affordable, culturally appropriate, and youth-centered mental health services**.

The **ECOSOC Youth Forum** serves as a platform for young leaders, policymakers, and international organizations to discuss pressing global issues. This **Global Dialogue on Youth Mental Health Policy**, organized by **Mental Health Rescuers**, will bring together experts and young advocates to explore how the international community can strengthen global action on youth mental health.

2. Objectives

This dialogue aims to:

- **Evaluate** how youth mental health is addressed within current UN policies and SDG frameworks.

- **Amplify youth voices** in shaping international mental health policies.
- **Foster collaboration** between governments, UN agencies, and youth organizations.
- **Showcase youth-led mental health solutions** that can inform policy and practice.
- **Develop actionable recommendations** to enhance global commitments to youth mental health.

3. Key Themes

- **Youth Mental Health in UN Policy:** Examining the effectiveness of global strategies.
- **Youth-Led Mental Health Solutions:** Highlighting initiatives that drive policy change.
- **Turning Commitments into Action:** Addressing the gap between policy and implementation.
- **Equity and Inclusion:** Ensuring mental health services reach marginalized youth.
- **The Role of Digital Innovation:** Exploring technology-driven mental health interventions.

4. Format

The dialogue will include:

- **Opening Remarks** (10 min): Introduction by Mental Health Rescuers and a UN representative.
- **Expert Panel Discussion** (30 min): Perspectives from policymakers, UN agencies, and youth leaders.



- **Youth-Led Presentations** (20 min): Showcasing best practices in youth mental health advocacy.
- **Interactive Discussion & Policy Dialogue** (30 min): Engaging participants in shaping actionable recommendations.
- **Closing Remarks & Call to Action** (10 min).

5. Expected Outcomes

- Increased recognition of youth mental health as a **global policy priority**.
- Strengthened **youth engagement in UN mental health frameworks**.
- Concrete recommendations for **governments and UN agencies** to enhance mental health policies.
- New partnerships between **youth-led organizations, UN bodies, and stakeholders**.
- Greater visibility of **youth-driven mental health solutions and best practices**.

6. Partners and Stakeholders

- **United Nations agencies**
- **Youth organizations and mental health networks** advocating for policy change.
- **National governments** prioritizing youth mental health.
- **Academics and researchers** contributing to evidence-based solutions.



- **Private sector leaders and tech innovators** working on mental health accessibility.

7. Date and Location

Proposed Date: 15.04.2025 during the ECOSOC Youth Forum

Location: United Nations Headquarters, New York (Hybrid format).

8. Contact Information

For more information, please contact:

Michal Tuczapski

Executive Director, Mental Health Rescuers

michaltuczapski@mhrwellbeing.org | +1 (708) 307-3056

