

# Supporting Mental Health Resilience among Youth in Cyprus



## OBJECTIVES OF THE ACTION

Support Ministry of Health in strengthening youth-friendly promotion and prevention services for good mental health among young people (15-24) in Cyprus.



## BENEFICIARIES

- Ministry of Health Cyprus (MoH)
- Municipalities
- Youth Board of Cyprus
- National Youth Council
- Local youth councils and selected youth NGOs



## PROJECT GOVERNANCE

### Steering Committee

- Ministry of Health
- **Youth Board of Cyprus**
- **Cyprus Youth Council**
- DG REFORM
- UNICEF

*Coordinates and oversees project management*

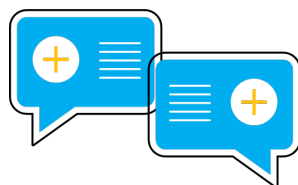
### Advisory Committee

- Ministry of Health
- **Youth Board of Cyprus**
- **Cyprus Youth Council**
- DG REFORM
- UNICEF
- 10 (plus) organisations and experts

*Provides technical review and quality assurance for project processes and outputs*

## 1 OUTCOME:

National authorities will receive a proposal for a youth engagement framework to implement mental health promotion and prevention programmes for youth and children



### 1 OUTPUT:

**Analysis of the state of play** of mental health support for youth and children, **recommendations to contribute to the National Mental Health Strategy**

- Situation analysis and recommendations
- Policy recommendations for the National Mental Health strategy
- Good practice desk research

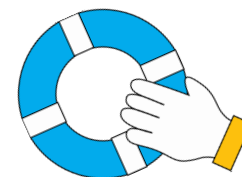
### 2 OUTPUT:

**Proposal of a youth engagement framework** for promoting mental health and implementing prevention programmes for vulnerable youth and children.

- Framework (draft)
- Municipal engagement: co-design of youth MH programme concepts

## 2 OUTCOME:

National authorities will have the capacity and tools to address mental health promotion and prevention needs in cooperation with youth and children



### 3 OUTPUT:

**Capacities of service providers are increased** to provide mental health promotion and prevention activities with vulnerable youth and children

### 4 OUTPUT:

Communication, consultation and dissemination activities including **National Communication Campaign on youth mental health.**

- Draft campaign plan (draft)

## KEY ACHIEVEMENTS

- **A participative qualitative research** carried out and published
- **National Mental Health Strategy** developed in close cooperation with young people and adopted.
- **Mental health prioritised** along with physical health as one of the five pillars of the National Youth Policy Strategy. **National Youth Strategy 2030** developed and adopted.
- **Dedicated budget line for Youth Engagement** in mental health promotion and prevention introduced in MoH Action Plan for the next three years.
- Due to the multistakeholder design of the initiatives, **number of essential synergies** emerging among key stakeholders.

# Young Minds Matter: Mental Health Support for Youth and Children in Cyprus



Funded by  
the European Union



Full Report

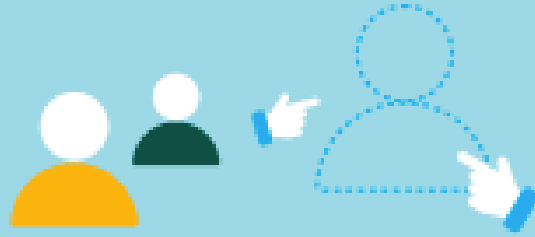


Policy Brief

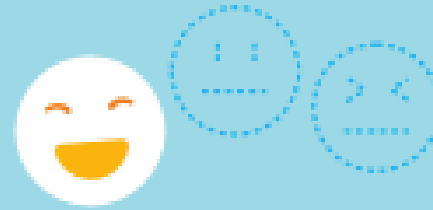


**Challenges and Barriers**  
of the current  
Mental Health System

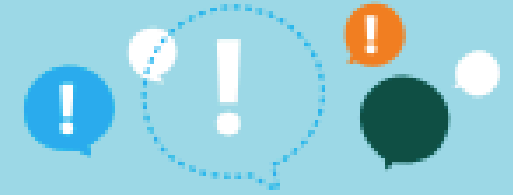
**Stigmatisation  
& Prejudice against  
mental health**



**Lack of youth-friendly  
services and youth  
engagement**



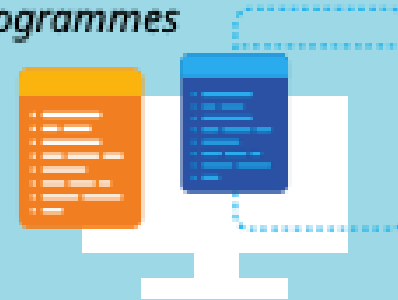
**Lack of awareness  
concerning the available  
services and programmes**



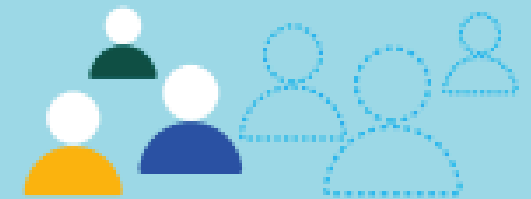
**Difficulty in accessibility,  
particularly for youths of  
vulnerable groups**



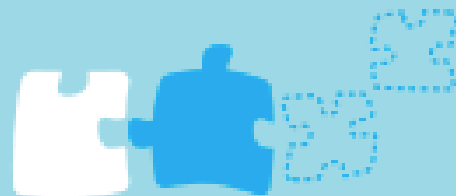
**Insufficient services  
and lack of specialised  
programmes**



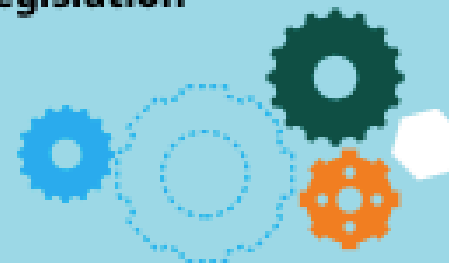
**Staff shortage and lack  
of trained professionals**



**Lack of coordination  
and collaboration among  
providers**



**Insufficient mental health  
policy framework and  
legislation**



**Insufficient information  
and education for families**





# MENTAL HEALTH & WELLBEING OF YOUTH

- CONSULTATION WORKSHOP -

## CHALLENGES & BARRIERS

In order to make this reform, it is important that **you** are part of this project.

Whatever the reform, it must involve **you(th)**.

STIGMATISATION & PREJUDICE AGAINST MENTAL HEALTH

LACK OF YOUTH-FRIENDLY SERVICES & YOUTH ENGAGEMENT

LACK OF AWARENESS CONCERNING THE AVAILABLE SERVICES AND PROGRAMMES

DIFFICULTY IN ACCESSIBILITY, PARTICULARLY FOR YOUTHS OF VULNERABLE GROUPS

INSUFFICIENT SERVICES AND LACK OF SPECIALISED PROGRAMMES

STAFF SHORTAGE AND LACK OF TRAINED PROFESSIONALS

LACK OF COORDINATION AND COLLABORATION AMONG PROVIDERS

INSUFFICIENT MENTAL HEALTH POLICY FRAMEWORK & LEGISLATION

INSUFFICIENT INFORMATION AND EDUCATION FOR FAMILIES

How the future of good youth mental health in Cyprus looks like?

COVER STORY  
VISION

LIVE!

SUPPORT & MENTAL EMPOWERMENT PLATFORM

MINISTRY OF MENTAL HEALTH

COMMUNITY WITHOUT BARRIERS

There is an urgent need for investment in young people's mental health.



WHO

OCT. 18, 2024  
NICOSIA

## RECOMMENDATIONS

ESTABLISH A POLICY FRAMEWORK AND LEGISLATION FOR YOUTH MENTAL HEALTH

COMBATING STIGMA & DISCRIMINATION RELATED TO MENTAL HEALTH

ESTABLISH YOUTH-FRIENDLY MENTAL HEALTH SERVICES & ENHANCE YOUTH PARTICIPATION

ESTABLISH A MULTIDISCIPLINARY APPROACH TO PROMOTE YOUTH MENTAL HEALTH

STRENGTHEN SERVICES & PROGRAMMES TARGETING ON PREVENTION

ENHANCE THE AWARENESS OF YOUTH MENTAL HEALTH SERVICES

DEVELOP CUSTOMISED SERVICES & PROGRAMMES FOR VULNERABLE GROUPS

INVEST IN HUMAN RESOURCES & ALLOCATE SUFFICIENT FUNDING FOR YOUTH MENTAL HEALTH

INVEST IN MENTAL HEALTH & SCHOOL PROFESSIONALS' TRAINING

ENHANCE COMMUNITY & FAMILY ENGAGEMENT IN MENTAL HEALTH INITIATIVES

COVID-19 exacerbated these issues.

30%  
REPORTED RECURRING CHALLENGES

DEPRESSION  
ANXIETY  
STRESS

86%  
75%

Not enough data...  
IN CYPRUS

YOUTH'S MENTAL HEALTH INFLUENCES THE OVERALL WELLBEING

HOW CAN WE EMPOWER YOUTH & COMMUNITIES TO TAKE A STRONGER ROLE IN THIS STORY?



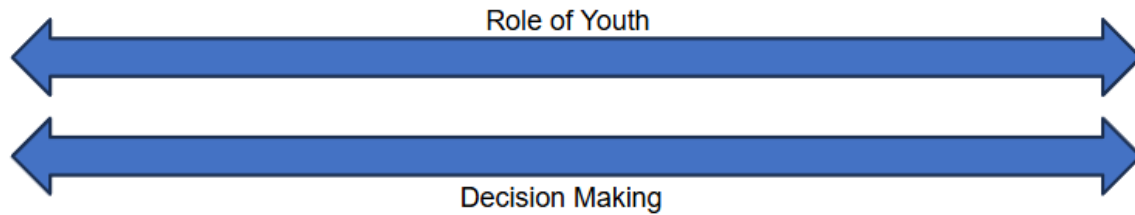
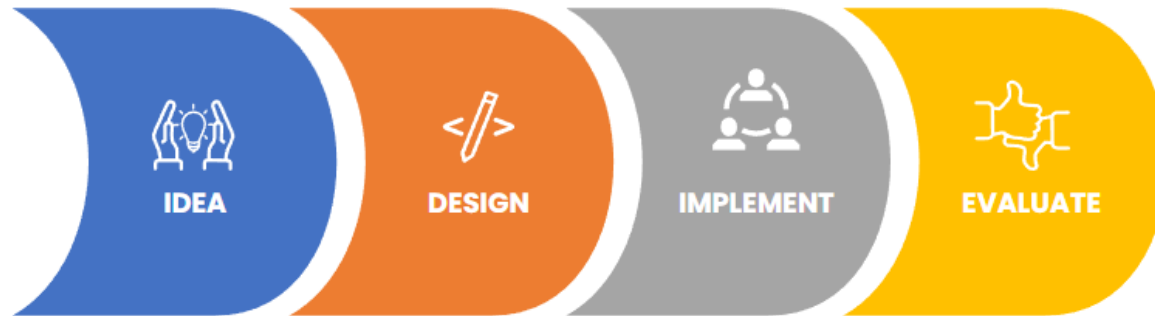
# HOW IS YOUTH ENGAGED ?



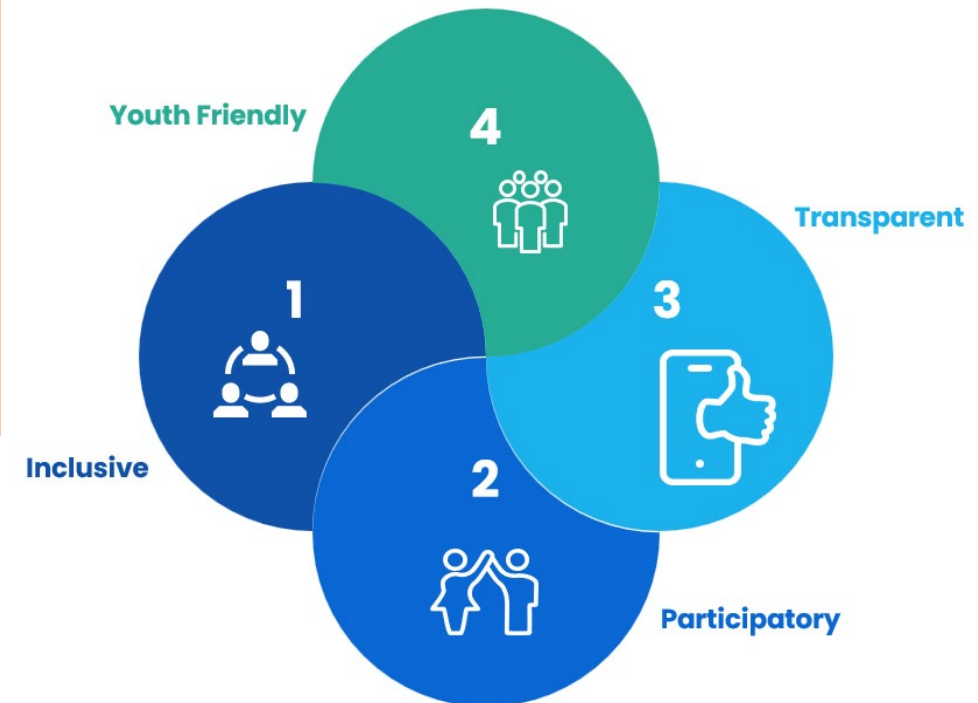
## HOW IS YOUTH ENGAGED ?

- **Cyprus Youth Council engaged in TSI governance** on equal footing (member of Project Steering Committee)
- **Young people** (including most vulnerable) part of the research phase (co-led by young people)
- **Dedicated seats** advocated and secured for **youth** in **National MH Strategy Working Groups** (recommendations by youth adopted by the government)
- **National youth-led campaign** with MoH on good youth mental health
- **Pilot prevention and promotion interventions** to be co-designed with young people in two municipalities

# YOUTH ENGAGEMENT FRAMEWORK



## KEY PRINCIPLES



## Strategic Partnership: Youth Board (MoE)

- **National Youth Strategy 2030:** integration of policy recommendations deriving from the report
- **Microsite:** key information youth mental health providers in Cyprus
- **National campaign:** with MoH and Cyprus Youth Council on good youth mental health
- **Helpline**
- **Joint prevention programmes with MoH beyond TSI**