

**Question for written answer E-001876/2022
to the Commission**

Rule 138

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Subject: Mental health literacy for young people

Most mental health disorders begin in childhood, and if untreated, can lead to many negative health and social outcomes. The COVID-19 pandemic has exacerbated existing mental health problems in children and adolescents owing to the unique combination of the health crisis, social isolation and economic recession. This was also reiterated at the Conference on the Future of Europe¹, where the need to raise awareness of mental health conditions and prevent related social issues, such as discrimination, was emphasised.

Mental health literacy is key to the early recognition and treatment of mental disorders in adolescents and young adults and can lead to better health outcomes. Although a number of health initiatives have attempted to improve mental health literacy, none to date has been specifically targeted at young people or children.

Considering that 2022 is the European Year of Youth:

1. what is the Commission doing to help to develop, implement and evaluate an awareness campaign designed to improve mental health literacy and encourage young people to ask for help early on;
2. and how is it aiming to decrease discrimination and taboos regarding mental health?

¹ Recommendations of European Citizens' Panel 2 of the Conference on the Future of Europe entitled 'European democracy / Values and rights, rule of law, security': https://prod-cofe-platform.s3.eu-central-1.amazonaws.com/rd99l21pbfm6n26a3shv6e9edo2i?response-content-disposition=inline%3B%20filename%3D%22Panel%20%20recommendations%20FINAL_EN.pdf%22%3B%20filename%2A%3DUTF-8%27%27Panel%2520%2520recommendations%2520FINAL_EN.pdf&response-content-type=application%2Fpdf&X-Amz-Algorithm=AWS4-HMAC-SHA256&X-Amz-Credential=AKIA3LJJXGZPDFYVOW5V%2F20220519%2Feu-central-1%2Fs3%2Faws4_request&X-Amz-Date=20220519T130541Z&X-Amz-Expires=300&X-Amz-SignedHeaders=host&X-Amz-Signature=5d722f5e1040ea771156e1bc9b9e0610c1a6ea8abb0fddcdd036c76203b2e9c5