

**Priority question for written answer P-001262/2021
to the Commission**

Rule 138

István Ujhelyi (S&D)

Subject: Dealing with the psychological impact of the COVID-19 pandemic and preparing a comprehensive mental health action plan

We are dealing primarily with the physical symptoms and impact of COVID-19, yet numerous studies show that the pandemic also causes serious mental health problems, some of which we cannot even evaluate. One study carried out in a number of Member States found that 58% of people had experienced symptoms of psychological disorders as a result of the restrictions and changes to their way of life. These included sleeping problems, low energy levels, anxiety and fear, with one in ten of those affected reporting panic attacks. One of the groups most at risk is today's teenagers (the 'Covid generation'), who are being forced by the virus to undergo restrictions and isolation at the worst time in life. We are failing to pay due attention to them in a coordinated way at EU level.

1. Is the Commission preparing a comprehensive mental health action plan to evaluate, raise awareness of and address the psychological impact of the COVID-19 pandemic?
2. How can we assess the impact of the pandemic on the mental state and the social life of the young generation?
3. I would suggest we launch a test project to this end. I would be prepared to help put together such a project. The European Health Union, which I advocate and support, must incorporate a comprehensive mental health strategy which also deals with the impact of the pandemic. As a member of the ENVI Committee, when and how will I be able to help draw this up?