

**Question for written answer E-001999/2026
to the Commission**
Rule 144
Eleonora Meleti (PPE)

Subject: Mental health and young people

Recent tragic incidents involving young people in a number of Member States have once again raised deep concerns about the increasing strain on young people's mental health and suicidal thoughts in Europe.

Young people today have to deal with a complex reality of increased social pressure, academic stress, continuous digital exposure and emotional isolation. European and international data show a significant increase in cases of anxiety, depression and psychosocial distress among young people.

Given the importance of young people's mental well-being for the future of Europe and taking into account the EU's initiatives in the fields of mental health, youth and education, can the Commission answer the following:

1. What initiatives is it currently championing to prevent suicidal thoughts and boost the mental resilience of young people in the Member States?
2. Does it intend to support Member States further through funding programmes, the exchange of best practices or guidelines to improve access to school psychologists, counselling services and mental resilience actions in schools?
3. How does it plan, in the context of its education, youth and digital policies, to address the effects of excessive digital exposure, anxiety and social isolation on young people's mental health?

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