

(English version)

**Question for written answer E-001999/26
to the Commission
Eleonora Meletti (PPE)
(13 May 2026)**

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?

Submitted: 13.5.2026

**Answer given by Mr Várhelyi on behalf of the European Commission
(2 September 2026)**

Mental health among children and young people is a priority for the Commission. Under its comprehensive approach ⁽¹⁾, the Commission, via its Best Practice Portal ⁽²⁾, identifies best and promising practices, including on suicide prevention.

Some of the practices are implemented in other Member States via joint actions under the EU4Health Programme. ImpleMental ⁽³⁾ supports the transfer of the best practice SUPRA ⁽⁴⁾ to enhance suicide prevention efforts. PRISM ⁽⁵⁾ supports the transfer of the BIZI Programme ⁽⁶⁾ to help non-health professionals support individuals at risk of suicide.

The responsibility for education and mental health services lies with Member States. The Commission supports them through the EU Youth Strategy, Erasmus+ Youth, and the European Solidarity Corps.

It also helps exchange best practices, including recommendations from a recent paper ⁽⁷⁾. The 2022 Council Recommendation on Pathways to School Success and the 2024 wellbeing guidelines help schools strengthen inclusion, wellbeing, and support services.

Furthermore, an 'Ideas paper on mental health support for young people through sport and physical activity' ⁽⁸⁾ was released in 2025.

Through the Digital Services Act ⁽⁹⁾ and its guidelines on the protection of minors ⁽¹⁰⁾, the Commission made clear that minors should not be exposed to harmful content online. The guidelines set out recommendations on time management tools and persuasive design features.

⁽¹⁾ <https://eur-lex.europa.eu/legal-content/EN/TXT/?uri=CELEX:52023DC0298>.

⁽²⁾ <https://webgate.ec.europa.eu/dyna/bp-portal/>.

⁽³⁾ <https://implemental.wordpress.com/>.

⁽⁴⁾ <https://implemental.wordpress.com/austrian-best-practice-on-suicide-prevention-supra/>.

⁽⁵⁾ <https://japrisim.eu/>.

⁽⁶⁾ <https://japrisim.eu/technical-work-packages/bizi/>.

⁽⁷⁾ European Commission: Directorate-General for Education, Youth, Sport and Culture, SHARE 2.0 community of practice on health — Mental health support for young people through sport and education, Publications Office of the European Union, 2025, <https://data.europa.eu/doi/10.2766/6353083>.

⁽⁸⁾ <https://sport.ec.europa.eu/node/960>

⁽⁹⁾ <https://eur-lex.europa.eu/EN/legal-content/summary/digital-services-act.html>.

⁽¹⁰⁾ https://eur-lex.europa.eu/legal-content/EN/TXT/?uri=OJ:C_202505519.

A Special Panel advises the President of the Commission on child safety online ⁽¹⁾. The Commission is launching an EU-wide inquiry on the broader impacts of social media and excessive screen time on mental health and well-being among children and young people. As part of the inquiry, the Commission published a Eurobarometer on 16 June 2026 ⁽²⁾.

⁽¹⁾ <https://digital-strategy.ec.europa.eu/en/policies/panel-child-safety-online>.

⁽²⁾ <https://europa.eu/eurobarometer/surveys/detail/3686>.