

Mental Health Campaign for Children & Young People in Cyprus

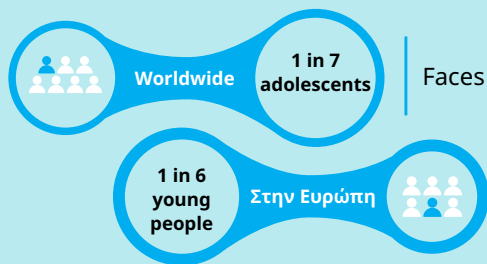
#OnMyMind

#MoreToSay

September – November 2025



Read the research
conducted in Cyprus

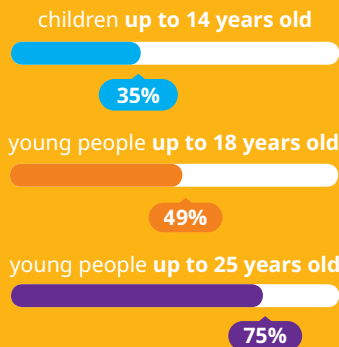


Faces **mental health issues.**

84 million

Were **experiencing mental health challenges before the COVID-19 pandemic.**
(European Commission, 2022)

Rates skyrocketed after the pandemic.



Facing mental health problems.
(Solmi et al., 2022)

Young people in Cyprus



**feel pressure
and anxiety**



**are uncertain
about the future**



**acknowledge
they need help**



**yet only
43% seek it!**

Steering Committee:



Funded by
the European Union



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Community Partners:



Supporting Mental Health Resilience among Youth in Cyprus Project

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Project objectives

- **To strengthen** youth-friendly mental health services
- **To actively engage** young people in shaping and caring for their mental health
- **To develop policy proposals** based on research and young people's needs

More tools & support:



ONEK

Scan. Speak. Change tomorrow!



U-Report Bot

Your voice matters!

The U-Report Bot is listening to you!



uSupport

Your own mental health toolkit!

Helpful Tips

- **You don't have to be "perfect" every day.**
- If you are not feeling well, **talk to someone** you trust!
- Keep a journal or draw **what you are feeling**.
- Do things that bring you **joy**: listen to music, reconnect with nature, dance.
- Don't forget: **You are not alone.**

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