

Supporting Mental Health Resilience among Youth in Cyprus Project

#OnMyMind

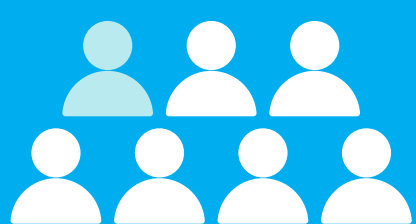
#MoreToSay

Project objectives

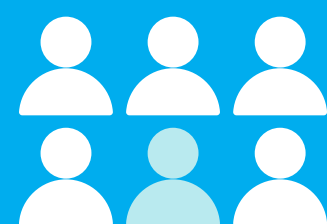
To strengthen youth-friendly mental health services

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



1 in 7 adolescents worldwide faces mental health issues.



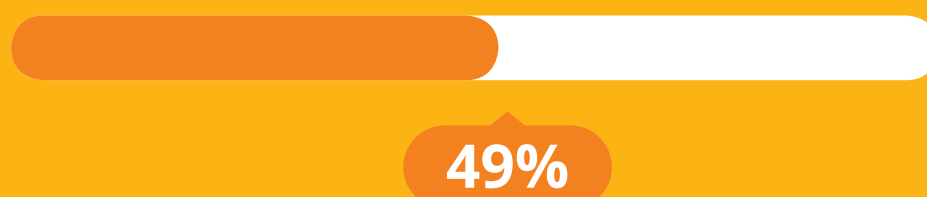
1 in 6 young people in Europe – that's 84 million – were experiencing mental health challenges before the COVID-19 pandemic.
(European Commission, 2022)

Rates skyrocketed after the pandemic

children up to 14 years old



young people up to 18 years old

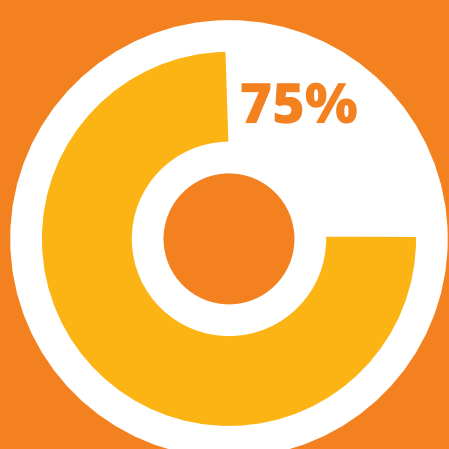


young people up to 25 years old

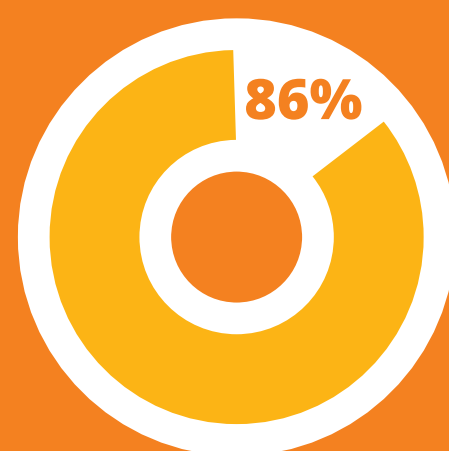


are now facing mental health problems (Solmi et al., 2022)

Young people in Cyprus



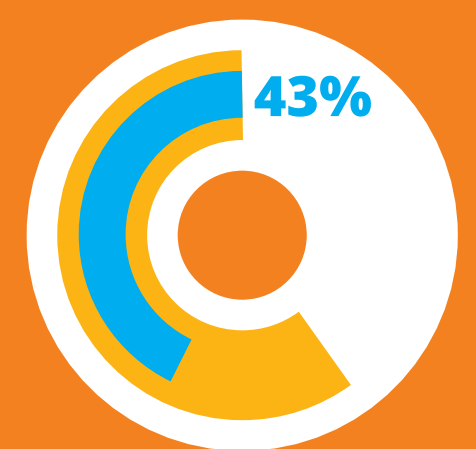
feel pressure and anxiety



are uncertain about the future



acknowledge they need help



yet only 43% seek it!

Mental health matters!



Read the research conducted in Cyprus & learn more about the project [here](#)

Steering Committee



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unicef
for every child



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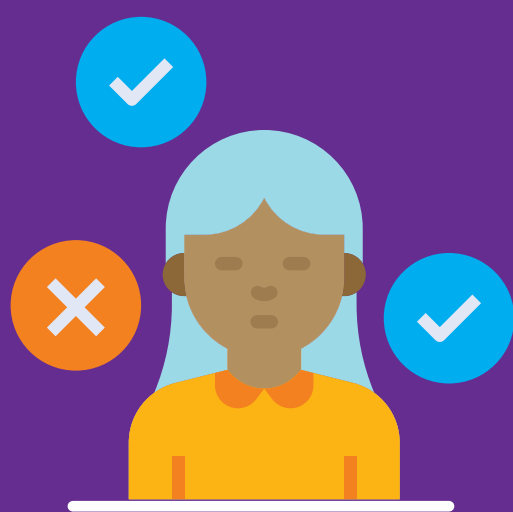
Mental Health Campaign for Children & Young People in Cyprus

#OnMyMind

September – November 2025

#MoreToSay

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.

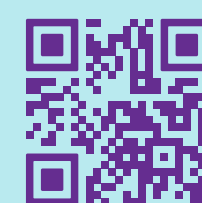
Find more tools and support here:



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!

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