Explore further: Mental health & wellbeing

Selected European and international resources for young people, youth workers and educators.

World Health Organization (WHO) Regional Office for Europe – Child and Youth Mental Health Report. The WHO Regional Office for Europe's 2025 report brings together evidence on the mental health of children and young people, gaps in services and priorities for improving care. It helps youth workers and educators understand the wider picture behind individual experiences, and offers credible facts for discussions, professional learning and advocacy. It is a research resource rather than a self-help guide. https://www.who.int/europe/publications/i/item/WHO-EURO-2025-12824-52598-81473

World Health Organization (WHO) - Helping Adolescents Thrive Guidelines. These evidence-informed guidelines explain how to promote adolescent mental health and prevent mental-health difficulties through supportive environments and psychosocial interventions. Written primarily for decision-makers and professionals, they can help educators and youth organisations understand what prevention can realistically achieve, and why a supportive school, family and community environment matters alongside individual coping skills. https://www.who.int/publications/i/item/9789240011854

World Health Organization (WHO) and UNICEF - Helping Adolescents Thrive Toolkit. This joint toolkit translates prevention principles into strategies and implementation examples for people working with adolescents in education, social services, health and community settings. It considers families, supportive environments and young people facing additional barriers. Youth organisations can use it when planning a sustained approach to wellbeing rather than relying on a one-off workshop. https://www.who.int/westernpacific/publications/i/item/9789240025554

UNICEF - Helping Adolescents Thrive Learning Materials. UNICEF also provides materials that are easier to use directly with groups: the illustrated Magnificent Mei and Friends comic, a teacher's guide and facilitator guidance for working with 15–19-year-olds. They invite young people to explore feelings, relationships, thoughts and everyday challenges through stories and guided activities. Teachers and youth workers can select age-appropriate sessions and discussions. https://www.unicef.org/youthledaction/helping-adolescents-thrive

Mental Health Europe (MHE) - Mental Health Resources for Young People. Mental Health Europe offers accessible publications including the Short Guide for Young Adults on Mental Health and a guide to personal recovery. These explain mental health and ways of navigating difficulties in a supportive, rights-based language. Young people can read them independently or share them with friends; youth workers and educators can recommend them as introductory reading or use them to open conversations without stigma. https://www.mentalhealtheurope.org/youthmentalhealth/

Mental Health Europe (MHE) - Youth Helplines and Support Directory. When somebody needs more than information, Mental Health Europe's interactive map can help identify helplines and organisations supporting young people in European countries. Choose a country to explore available services and links. This is useful for young people seeking support and for educators and youth workers who need a starting point for signposting, although local contact details and current availability should always be checked. https://www.mentalhealtheurope.org/library/youth-helplines/

Mental Health Europe (MHE) - Youth Leadership Programme and Resource Guides. Young mental-health advocates have developed country resource guides for eight European countries, available in English and relevant local languages. They bring together help contacts, organisations and an overview of the national mental-health landscape. The wider Youth Leadership Programme also shows how young people can take part in changing public conversations about mental health, rather than being treated only as recipients of support. https://www.mentalhealtheurope.org/project/youth-leadership-programme/youth-resource-guides/

Euro Youth Mental Health (EYMH). Euro Youth Mental Health is a European non-profit that works with young people, including young experts with lived experience, to improve mental-health support and amplify youth voices. Its website shares news, perspectives, project experiences and opportunities for engagement. It is particularly relevant to young people interested in peer advocacy and to youth workers who want to understand the value of meaningful youth participation in mental-health initiatives. https://eymh.org/

Youth-Well - Working Together for Resilient and Democratic Youth. Youth-Well connects mental wellbeing with participation, inclusion and democratic life. Its project resources include training materials for youth workers, learning activities and an online learning space covering leadership, storytelling, role-play and related topics. Young people can explore ways to initiate community action; educators and youth workers can draw on its non-formal learning ideas for group projects and conversations about wellbeing and belonging. https://youthwell.eu/

World Health Organization (WHO) - Doing What Matters in Times of Stress. This illustrated, multilingual guide introduces simple stress-management skills, supported by audio exercises, that readers can practise in short sessions. It is one of the most immediately usable resources for young adults and other readers dealing with everyday stress. Educators may introduce it as optional self-help reading, while recognising that it does not replace professional assessment or care when needed. https://www.who.int/publications/i/item/9789240003927/

Organisation for Economic Co-operation and Development (OECD) – Child, Adolescent and Youth Mental Health in the 21st Century. Published in 2026, this comparative report examines worsening youth mental-health trends and connections with family life, school, digital environments and access to support. It offers useful context for educators, youth workers and youth advocates who want to look beyond individual resilience and understand the social conditions that influence mental wellbeing. The report is best suited to readers seeking a deeper evidence base.
https://www.oecd.org/en/publications/child-adolescent-and-youth-mental-health-in-the-21st-century_1092c3cb-en.html

European Commission - Mental Health in the European Union. The European Commission's mental-health overview links to EU initiatives, research and current priorities, including prevention, stigma reduction and the wellbeing of young people online. It is less a collection of ready-made workshop activities than a useful entry point for educators, youth organisations and interested young people who want to follow European developments and find further background documents.
https://health.ec.europa.eu/non-communicable-diseases/mental-health_en