

A green circle with a yellow butterfly inside it. The butterfly is positioned in the lower right quadrant of the circle, with its wings spread. The word "METAPHOR" is written in blue capital letters across the middle of the circle, partially overlapping the butterfly's wings.

METAPHOR

**YOUTH MENTAL HEALTH
PERSPECTIVES**

Spain



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Disclaimer:

This survey is part of the “Metaphor- Youth Mental Health Advocacy - Mental Health for Young People” project co-funded by the European Commission’s ERASMUS+ Programme call YOUTH-2023-YOUTH-TOG, action ERASMUS-LS, proposal number 101132089. The European Commission’s support for the performing of this survey does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.





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Introduction

Numerous studies, campaigns, and projects have centered on mental health, with a particular emphasis on youth mental health due to the growing and severe issues in this area in recent times and the extensive impact. This research investigates the mental health of young people in Bulgaria, Croatia, Germany, Serbia, and Spain within the "Metaphor- Youth Mental Health Advocacy - Mental Health for Young People" project, which is co-funded by the European Commission. In this report, our aim is to provide a thorough summary of the latest research findings on youth mental health, incorporating global, European, and national-level research, programs, governmental initiatives, and tendencies.

Background and Rationale

Global and European level

The global discourse on children and youth's physical and mental health has been significantly influenced by the Convention on the Rights of the Child, established by the United Nations General Assembly in 1989 (Assembly, 1989). This foundational document outlines fundamental rights such as non-discrimination, best interests consideration, participation, and access to health, education, and protection from violence and exploitation. In line with this, the World Health Organization (WHO) defines health as a holistic state of physical, mental, and social well-being, with mental health being a critical priority for social and economic development.

In 2021, the WHO reported a surge in youth suicides and noted that one in seven young individuals suffer from mental disorders (WHO, 2021). To address this, the WHO has proposed a comprehensive mental health action plan for 2013-2030, emphasizing greater healthcare coverage, evidence-based approaches, human rights advocacy, empowerment, and multi-sectoral collaboration. Approximately 15% of 10-19 year-olds worldwide experience mental health issues, with depression, anxiety, and behavioral disorders being major concerns, contributing to 13% of their overall health burden. Untreated conditions can persist into adulthood, impacting both physical and mental well-being and limiting future prospects for a fulfilling life.

Various social factors, such as poverty, abuse, violence, substance use, and societal gender expectations, can contribute to the development of mental health issues in youth. The Substance Abuse and Mental Health Services Administration (SAMHSA) promotes mental health and equitable services, supporting initiatives around the world. A supportive environment at school, home, and community can



foster healthy physical lifestyles, coping and interpersonal skills, and protect youth's mental health in the long term.

In today's world, the impact of media and societal gender expectations, quality of peer interactions, violence, strict parenting, and socio-economic hardships can significantly influence youth's mental well-being. The Sustainable Development Goals 3 and 10 advocate for well-being and reducing inequalities, respectively, both of which address mental health promotion.

Spain level

Mental health in Spain has been a topic of significant research and attention, particularly in recent years due to the increasing and severe problems in this area. Historically, mental health has been neglected and stigmatized in Spanish society, but the COVID-19 pandemic has highlighted the urgent need to address this issue. The Spanish system faces challenges in preventing mental illness, identifying its early symptoms, and treating it effectively. Social stigma towards mental health problems is prevalent in Spain, with widespread beliefs about the dangerousness and unpredictability of people with mental health issues, often accompanied by fear, anger, or guilt. Behavioral discrimination, such as restrictive and social distancing tendencies, is also common in the Spanish population.

The Spanish government has made mental health a priority, allocating €1.23 billion in EU funding and implementing 20 flagship initiatives to address mental health challenges, emphasizing prevention, affordable healthcare, and reintegration into society after recovery. The government has also updated the Mental Health Strategy and launched a suicide hotline (024) to intervene in cases of risk or attempted suicide. The impact of the pandemic on mental health, particularly among younger people in the EU, has brought the need for action and prevention plans to the forefront, with one in six Europeans suffering from mental health problems. In response to the pandemic, the Spanish government has allocated €100 million to address the impact of COVID-19 on mental health.

Mental Health Services: Spain has a decentralized healthcare system, with mental health services provided at both the regional and national levels. Access to mental health services can vary across different regions, with some areas facing shortages of mental health professionals and resources.

Mental Health Awareness: Efforts to raise awareness about mental health issues and reduce stigma have been increasing in Spain. Organizations and advocacy groups work to educate the public, promote mental health literacy, and encourage open discussions about mental health.

Mental Health Legislation: Spain has laws in place to protect the rights of individuals with mental health conditions. The Mental Health Act of 1986 outlines



the rights of individuals receiving mental health care and establishes procedures for involuntary hospitalization.

Mental Health Research: Spain is actively involved in mental health research, with universities, research institutions, and healthcare organizations conducting studies on various aspects of mental health. Research focuses on topics such as the prevalence of mental health disorders, effective treatments, and the impact of social determinants on mental health.

Community Support: Community-based mental health programs and support services play a crucial role in Spain's mental health landscape. These programs provide outreach, counseling, peer support, and rehabilitation services to individuals with mental health challenges.

Integration of Mental Health into Primary Care: Spain has been working to integrate mental health services into primary care settings to improve access and early intervention for mental health issues. This approach aims to provide holistic care that addresses both physical and mental health needs.

Mental Health in Schools: Efforts to promote mental health in schools are gaining traction in Spain. Programs focusing on mental health education, emotional well-being, and early intervention for mental health issues are being implemented to support students' mental health.

Methodology

The survey employs a mixed-methods approach, combining quantitative and qualitative measures to obtain data and ensure a comprehensive understanding of youth mental health perspectives. The survey ensures representation across diverse demographic groups, including age, gender, education level, geographic location, and socioeconomic status.

Data Analysis Approach:

- Quantitative data are analyzed using descriptive statistics, including frequencies, percentages, means, and standard deviations, to summarize demographic characteristics and survey responses.
- Qualitative data undergo thematic analysis to identify recurring patterns, themes, and insights derived from participants' narratives and perspectives.

By employing a rigorous methodology, the sociological survey on Youth Mental Health Perspectives aims to generate meaningful insights, inform evidence-based interventions, and contribute to the advancement of knowledge and practice in youth mental health promotion and support.



Demographic Profile

The demographic distribution of the respondents who participated in the survey online in Spain is as follows.

Regarding the distribution of participants in our sample there are 42 (43.3%) of youngsters aged 13-15, 19 (19.6%) in the category 16-21, 19 (19.6%) in the category 22-26 and finally 17 (17.5%) in the oldest category 27-30 years old. (Table 1)

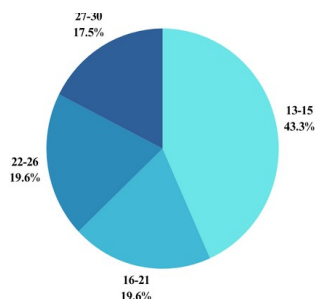


Table 1. Distribution of respondents across different age groups.

In our example from total amount of 107 participants 44 (43.1%) are male, 54 (52.9%) are female, 3(2.9%) are non binary and 1 (1%) prefers not to say. (Table 2)

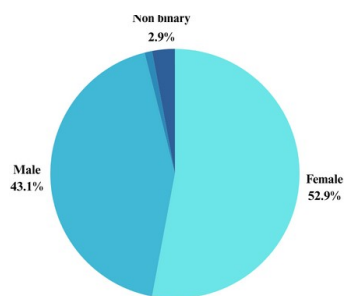


Table 2. Distribution of respondents based on gender.



Based on the results 4.8% of respondents live in the big city (population 300,000+) , 46.2% live in a town (population 30,000 to 300,000), 39.4% live in a regional town (population 5,000 to 30,000) and 9.6% of respondents live in a rural area (population up to 5,000). Expectedly for the age groups of the respondents the most common educational level among them is primary education (45.2%), followed by university or college education degree (24%), with secondary education (18.3%) and with vocational or professional training (12.5%). (Table 3)

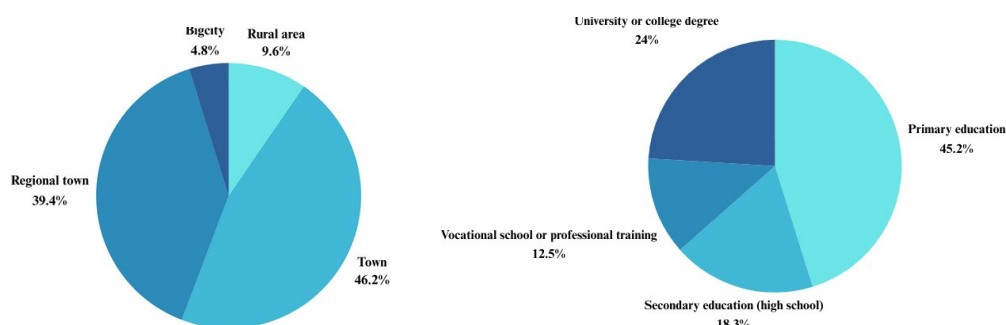


Table 3: Distribution of respondents across different places of living and educational level

Moreover, living conditions differ, the majority 69.2% live with family, while 7.7% live alone, 8.7% with roommates/friends, 6.7% with partners. Overall, the majority of respondents are either students (63.8%), employed (18.1%), unemployed (5.6%), self-employed/freelancer 4.8%. (Table 4)

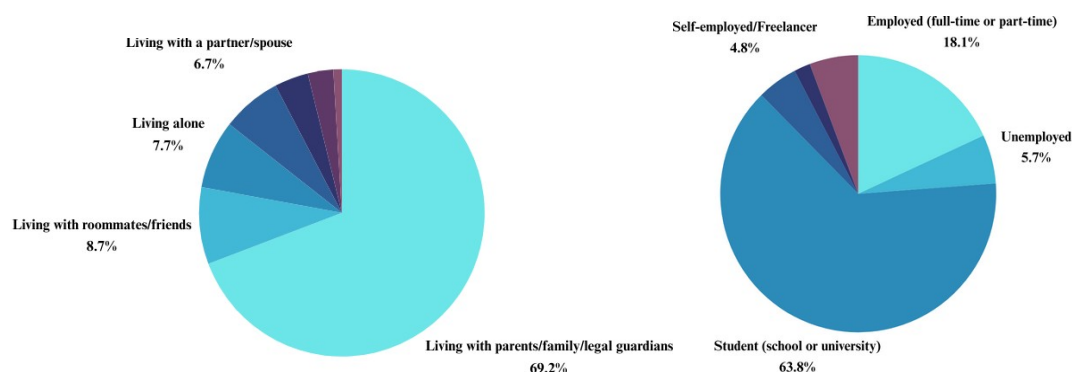




Table 4: Distribution of respondents across different living conditions and working status

Regarding the access to mental health care 55.2% of our participants consider they have it, while 10.5% believe they do not, 31.4% are not sure and 2.9% would rather not answer to this question. (Table 5)

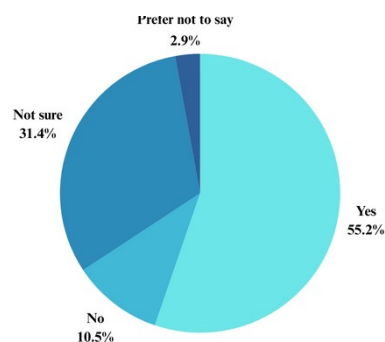


Table 5: Distribution of answers about the access to mental health care



Results

Age group 13-15: 42 responses

Closed-ended questions

Scale 1-5:

Based on the responses provided, familiarity with the term “mental health” appears to be mixed. Most respondents gave a rating of 3 or 4, suggesting a moderate to high level of familiarity. However, there were some lower responses, with a couple of people rating their familiarity as 1, indicating that they are not familiar with the term at all. On the other hand, some responses reached the maximum of 5, suggesting a high level of knowledge about mental health. Overall, it appears that most respondents have at least a basic level of understanding of the concept of mental health, but there is a variety of levels of familiarity among respondents.

Are you familiar with the term "mental health"? Most responses range between 3 and 5, suggesting a moderate to high level of familiarity with the term. However, there are some lower responses, indicating a lower level of familiarity.

Rate how much stress you feel daily. The responses are varied, with a distribution between 1 and 5. Some indicate low levels of stress (1-2), while others indicate higher levels (4-5).

How important do you think mental health education is? Most responses tend toward the upper end of the scale (4-5), suggesting that mental health education is perceived as very important.

Do you think there is a stigma around mental health in your community? Responses vary, but tend to indicate the existence of some degree of stigma around mental health, with a distribution between 1 and 4.

Do you feel comfortable talking about your mental health with your colleagues? Responses are mixed, with some indicating comfort (3-5) and others indicating discomfort (1-2).



Do you feel comfortable talking about mental health with adults? As with the previous question, responses vary, with some indicating comfort (3-5) and others indicating discomfort (1-2).

Do you think that social networks influence your mental health? Most responses tend toward the upper end of the scale (4-5), suggesting that social media is perceived as a significant influence on mental health.

What knowledge do you have about different mental illnesses? Responses are mixed, with some indicating good knowledge (3-5) and others indicating limited knowledge (1-2).

Do you think your school provides adequate mental health support? Responses are varied, but tend to lean towards the upper end of the scale (3-5), suggesting that some level of support is perceived, although it could be improved.

To what extent do you think the family environment affects mental health? Most responses tend toward the upper end of the scale (4-5), suggesting that the family environment is perceived to have a significant impact on mental health.

Do you sleep well at night? Responses are varied, but tend toward the upper end of the scale (3-5), suggesting that sleep quality is mostly adequate.

To what extent does academic pressure affect your mental health? Responses tend toward the upper end of the scale (3-5), indicating that academic pressure has a significant impact on respondents' mental health.

Do you think there is enough awareness about mental health in your age group? Responses are varied, but tend towards the upper end of the scale (3-5), suggesting that there is some level of awareness, although it could be improved.

Do you think mental health should be talked about more openly in society? Most responses tend toward the upper end of the scale (4-5), indicating a desire for greater openness and discussion about mental health in society.

To what extent do you think mental health is well represented in the media and entertainment world? Responses are varied, but tend toward the



lower end of the scale (1-3), suggesting a perceived lack of adequate representation of mental health in media and entertainment.

The answers to the last 15 questions reflect a complex intersection between individual perceptions and shared experiences within society. On the one hand, there is widespread recognition of the importance of mental health, as indicated by high scores on awareness of the term "mental health" and a desire for greater openness in public discussion. However, significant challenges are also evident, such as a persistent perceived stigma around mental health and a perceived lack of adequate representation in media and entertainment. Academic pressure emerges as a notable stressor, suggesting a need for greater attention to mental health in educational settings. Although responses vary in some aspects, there is a collective call to action to improve awareness, support and access to mental health services, highlighting the importance of addressing these issues at individual, community and sociocultural levels. Ultimately, these responses underscore the complexity and urgency of addressing mental health issues in our society today.

Yes-No:

Formal mental health education appears to be limited, as the majority of respondents answered "No" to this question. However, there is a notable proportion of people who have felt the need for help for mental health problems, although the availability of resources appears to be a concern, as indicated by the significant number of "No" responses to the question about whether they knew where find help. Despite this, a considerable number of people have sought help for mental health problems, suggesting a willingness to seek support despite obstacles. Participation in mental health-related activities or clubs at school appears to be low, and bullying and discrimination are phenomena that some have witnessed or experienced, although not widespread. Overall, there is a recognition of the importance of addressing mental health, but also a need to improve access to appropriate education and resources.

Frequency:



When it comes to how often you talk about mental health with friends or family, there are a variety of responses, but “Never” or “Rarely” responses predominate. This suggests that open communication about mental health is not common in these settings.

In relation to the frequency with which mental health topics are discussed in school, the majority of responses indicate that this occurs “Never” or “Rarely”, suggesting a lack of attention to this topic in the educational environment.

Regarding the use of digital tools or applications that offer support and help for mental health, the responses are varied, but the majority indicate that this occurs “Never” or “Rarely.” This suggests a low use of digital resources for mental health support.

The frequency of physical activity, which can influence mental health, varies widely among respondents, but the majority report doing it “Weekly” or “Monthly,” suggesting a moderate level of physical activity.

As for feeling overwhelmed by what has to be done each day, most responses indicate that this happens “Weekly” or “Monthly,” suggesting a moderate level of daily stress.

The frequency of feeling anxious or worried is varied, but a significant proportion of responses indicate that this occurs “Daily” or “Weekly”, suggesting a moderate prevalence of these feelings.

Regarding feeling happy and content, most responses indicate that this happens “Weekly” or “Daily”, suggesting that there is a considerable proportion of people who experience these feelings frequently.

Regarding the perception that mental health is negatively affected by external factors, the majority of responses indicate that this happens “Weekly” or “Rarely”,



suggesting that there is a mix of external influences that affect mental health , but which are not necessarily dominant in the daily lives of all respondents.

Open-ended questions:

What does mental health mean to you?

The responses collected reveal a variety of perspectives on what mental health means to the young participants. In general, it is perceived as a state of psychological well-being that influences all facets of daily life. Many relate it to the ability to cope with stress, maintain emotional balance and make healthy decisions. Its importance is highlighted for optimal functioning in daily life, as well as for personal happiness and well-being. Furthermore, it is recognized as an equally crucial aspect as physical health, and its impact on quality of life is emphasized. However, a certain ambiguity and lack of clarity is also observed in some responses, suggesting possible areas of lack of knowledge or need for greater education on the topic among young people. In summary, mental health is perceived as a fundamental element for the well-being and integral functioning of people, influencing their ability to live a full and satisfying life.

What type of support do you think would be most helpful for young people struggling with mental health?

The responses collected show a variety of views on the type of support that would be most helpful for young people facing mental health problems. In general, the importance of emotional support from family, friends and close people in the individual's environment is highlighted. Many suggest the need for support from professionals, such as psychologists, to help in understanding and managing difficulties. The importance of empathy and support from people who have gone through similar experiences is also emphasised. In addition, sport is mentioned as a way to let off steam and the recognition of the need to seek help when necessary. In summary, the responses suggest that emotional support from loved ones and access to professional resources are key aspects of helping young people struggling with mental health, as well as awareness of the importance of talking about these issues and seeking help when necessary.



Could you share an example of a mental health problem that you think is important?

The responses collected show a variety of disorders and conditions related to mental health mentioned by the participants. Depression, anxiety, and eating disorders such as anorexia and bulimia are highlighted as common examples. Some participants also mentioned schizophrenia and obsessive-compulsive disorder (OCD), demonstrating diverse but limited knowledge about mental illnesses. It is observed that depression and anxiety are the most mentioned, which suggests that they are widely recognized disorders among young people. Furthermore, some confusion or ignorance is evident in some responses, reflecting the need for greater education and awareness on this topic. In summary, the responses collected underline the importance of addressing and raising awareness about different mental health disorders among young people to promote broader understanding and adequate attention towards these problems.

What changes would you like to see in how schools address the topic of mental health?

The responses collected reflect a diversity of opinions and suggestions on how schools could improve their approach to mental health. In general, the need for greater awareness and understanding of this issue in the school environment is highlighted. Many participants express the importance of providing adequate support and resources, such as the presence of psychologists or counselors, as well as the implementation of talks, activities and subjects related to mental health. The importance of preventing and addressing bullying is also highlighted, as is the need for a more personalized and compassionate approach towards students who may be experiencing difficulties. In summary, the responses suggest a demand for concrete changes in school policies and practices to promote a more understanding, supportive, and responsive environment toward students' mental health needs.

Share with us your thoughts on how the topic of mental health is discussed among your friends and family.



The responses collected reveal a wide range of attitudes and experiences regarding how the topic of mental health is addressed among friends and family. In general, there is a trend towards silence or lack of discussion on this topic, with many participants indicating that mental health is rarely or never discussed in their immediate environment. However, there are also those who mention that, when it is addressed, it is done with respect and seriousness, recognizing its importance. Some say they prefer to keep their problems to themselves, while others value the ability to share and receive support from family and close friends. The perception that talking about mental health can be difficult due to the associated social stigma or lack of understanding of the subject stands out. Although there are those who find a space of openness and understanding in their close circles, others feel that they face barriers to speaking openly about their experiences. In summary, responses reflect a variety of perceptions and experiences around communication and support related to mental health in family settings and among friends.

Age group 16-21: 19 responses

Closed-ended questions:

Scale 1-5:

After reviewing the provided responses, it is evident that there is a diversity of perceptions and experiences regarding mental health. For instance, when asked about the importance of mental health education in schools, the majority of respondents rated this issue with an average of 4, highlighting the relevance they attribute to this aspect in the educational system. However, when considering whether they believe their mental health is being adequately addressed in their current stage of life, the responses were more varied, ranging from 1 to 5, suggesting a wide range of experiences regarding the treatment received. These data reflect the complexity and importance of addressing mental health from multiple perspectives and with personalized approaches.



What importance do you think mental health education in school has?

The responses range from 3 to 5, indicating a general perception that mental health education in schools is important.

Rate your knowledge of issues and resources related to mental health.

Ratings vary between 1 and 5, suggesting a diversity in the perception of one's own knowledge about mental health issues and resources.

Do you think there is enough support for mental health in your community?

The responses mainly range from 1 to 5, showing a variety of perceptions about the availability of support for mental health in the community.

Do you believe your mental health is being adequately addressed in your current stage of life?

Most responses are between 2 and 5, indicating a variety of experiences regarding the treatment of mental health in the current stage of life.

Do you think mental health is sufficiently represented in the media?

Responses range from 2 to 5, suggesting mixed opinions about the representation of mental health in the media.

To what extent do you think lifestyle choices affect mental health?

Ratings are mainly between 2 and 5, indicating a varied perception of the impact of lifestyle choices on mental health.

Yes-No:

The analysis of these responses indicates that approximately 35% of the respondents have experienced **anxiety or depression** at some point in their lives, while the remaining 65% have not reported suffering from these disorders. This highlights the prevalence of these mental health issues in the surveyed population.

The data reveals that the majority of respondents, approximately 73%, have not used **online mental health support resources**, while around 27% have done



so. This suggests that, although resources are available, not all respondents have utilized them.

The vast majority of respondents, around 77%, have not participated in **mental health advocacy activities**, while approximately 23% have. This indicates a low participation in mental health promotion and advocacy activities among the surveyed sample.

The results show that just under half of the respondents, around 45%, have sought **professional help** for mental health issues, while approximately 55% have not. This suggests a willingness among some respondents to seek professional help when needed.

The vast majority of respondents, approximately 82%, have not experienced **discrimination due to mental health problems**, while around 18% have. This indicates that, although most respondents have not experienced discrimination, there is still a significant percentage who have.

The data reveals that approximately 58% of the respondents have not participated in **group therapies or support groups**, while around 42% have. This suggests some participation in these activities among the surveyed sample, although the majority have not participated yet.

Frequency:

Respondents have different patterns regarding how often they engage in activities to improve their mental health, although the majority report doing so daily.

Most respondents indicate that they feel social pressure rarely or never affects their mental health.

Communication about mental health among peers varies, but most report rarely or never discussing it.

Respondents also show variability in how often they talk about mental health with their family, with rarely or never being the most common responses.

Most respondents report feeling overwhelmed by their responsibilities daily or weekly.

Mood swings or emotional instability are common experiences among respondents, with most reporting experiencing them daily.



Respondents show a variety of perceptions about how social media affects their mental health, although most report that this happens rarely or never. Perceptions about the impact of environmental factors on mental health are varied, with a tendency towards rarely or never.

Open-ended questions:

In your opinion, what sources or support could help young people with mental health challenges?

The responses collected reflect a variety of resources and types of support that could benefit young people with mental health issues. The importance of having access to psychological care services, such as psychologists and counselors, is highlighted, as well as the presence of people who can provide emotional support and understanding. Activities such as sports and music are also mentioned as ways to clear the mind and promote well-being. In addition, the usefulness of sharing personal experiences and receiving training on mental health is suggested, as well as the importance of visibility and communication between teachers and parents to detect and address problems early. In summary, suggested resources and supports range from professional services to recreational activities and educational tools, all aimed at promoting youth mental health and well-being.

Describe a situation where you or someone you know needed mental health support but didn't receive it.

The responses reflect a variety of opinions on the relationship between social media and mental health. Some perceive that social media can be problematic and contribute to envy, social comparison and addiction, which can have a negative impact on mental health. Others point out that social media can be a source of support and awareness about mental health, but warn of the dangers of overexposure and dependence on online social image. In summary, it is recognized that social media can have both positive and negative effects on mental health, and the importance of using it in moderation and awareness to protect emotional well-being is highlighted.



Share with us your thoughts on the relationship between social media and mental health.

Opinions on the relationship between social media and mental health are varied, but agree that there is a deep connection. Social media has a significant impact on the mental health of young people, which can be negative, and it is difficult to completely eliminate it. It is crucial to work on improving self-confidence and self-relationship to reduce negative effects. There are also opinions that this problem is talked about a lot but not reacted to enough, and that social media has an extremely negative impact on the mental health of young people and creates new problems.

What do you think are the biggest misconceptions about mental health among your peers?

The responses show a variety of misconceptions about mental health in the age group, including the mistaken association with weakness, underestimation of its importance and the belief that it only affects certain people. The idea that seeking professional help is something negative or revealing that one is "crazy" is also mentioned, as is the lack of normalization in talking about mental health problems. Furthermore, the lack of knowledge about a wide range of mental disorders and the tendency to minimize emotional problems is highlighted. In summary, there is a need for greater education and awareness about mental health to correct these misperceptions and promote a more accurate and empathetic understanding.

Write about personal experiences that have shaped your understanding of mental health.

The responses reflect a variety of influences and personal experiences that have contributed to the understanding of mental health. Some mention the observation of events in other people, the guidance of family members such as psychologist mothers, or the perception of a lack of empathy in certain situations. Others highlight the importance of learning about the topic through readings or podcasts, while some recognize the emotional maturity acquired by overcoming personal challenges. In summary, these individual experiences have helped



broaden the perspective and understanding of mental health, showing the importance of empathy, self-knowledge, and continued education in this area.

Age group 22-26: 19 responses

Closed-ended questions:

Scale 1-5:

The responses collected offer a varied but revealing insight into the perception of mental health in the community. The majority of respondents score between 3 and 4 regarding the attention to mental health problems in society and the country's health system, which suggests a general perception of a neutral to positive approach in these aspects (data 1 and 4). Furthermore, the influence of social relationships on mental health seems to be widely recognized, with a majority scoring between 4 and 5 in this aspect (data 5). However, there is a mixed perception regarding the stigma around mental health problems in the age group, with the majority scoring between 2 and 3 (data 6). On the other hand, technology and digital life are considered significant factors that influence mental health, with the majority of responses scoring between 4 and 5 in this aspect (data 9). Finally, life transitions are perceived as events that significantly affect mental health, with the majority of respondents scoring between 4 and 5 in this category (data 10). These responses highlight the complexity and interconnectedness of various factors that influence mental health, from the social environment to life changes and the impact of technology.

To what extent do you think mental health issues are being addressed in your community or society?

Responses vary, but most score between 3 and 4, suggesting a neutral to positive perception about addressing mental health issues in the community or society.

Assess the level of mental health awareness in your workplace or school.



The responses are mixed, but tend towards a neutral perception, with the majority scoring between 3 and 4. This suggests that there is some level of awareness, but there could be room for improvement.

Do you think there is adequate representation of mental health issues in media aimed at your age group?

The responses are diverse, but the majority score between 3 and 4, which suggests a neutral to positive perception about the representation of mental health problems in the media aimed at their age group.

To what extent do you think your country's healthcare system addresses mental health?

Responses vary, but most score between 3 and 4, indicating a neutral to positive perception of how the healthcare system addresses mental health.

To what extent do you think social relationships (friends, family, partner) influence your mental health?

The responses are high, with the majority scoring between 4 and 5, suggesting a widespread perception that social relationships have a significant influence on mental health.

Do you think mental health problems are stigmatized in your age group?

The responses are varied, but the majority score between 2 and 3, suggesting that there is some perceived stigma around mental health problems in the age group.

Assess your stress level in daily life.

The answers are diverse, but the majority score between 3 and 4, indicating a moderate level of stress in daily life.

Do you know the mental health resources available in your community?

Responses are mixed, but tend towards a neutral perception, with the majority scoring between 3 and 4. This suggests that there is some knowledge, but there could be greater awareness of the resources available.

To what extent do you think technology and digital life influence mental health?



Responses vary, but most score between 4 and 5, suggesting a widespread perception that technology and digital life have a significant influence on mental health.

Do you think life transitions (graduation, job changes, etc.) significantly affect mental health?

Responses are high, with the majority scoring between 4 and 5, suggesting a widespread perception that life transitions have a significant impact on mental health.

Yes-No:

Have you ever sought professional help for your mental health?

The majority of respondents answered affirmatively to this question, indicating that they have sought professional help for their mental health. This suggests an active disposition towards mental health care among the surveyed sample. It is a positive sign of awareness and willingness to proactively address mental health issues and seek professional support when necessary.

Have you ever participated in mental health advocacy or volunteering?

The majority of respondents responded negatively to this question, indicating that they have not participated in mental health advocacy or volunteering activities. This may reflect a lack of active participation in mental health promotion or may suggest that opportunities for participation in these activities are not widely available or poorly known among the survey sample.

Have you ever experienced or witnessed discrimination based on mental health?

A significant portion of respondents responded affirmatively to this question, indicating that they have suffered or witnessed discrimination for mental health reasons. These results suggest that mental health-related discrimination is a real



and present concern in respondents' community, highlighting the importance of addressing stigma and discrimination around mental health.

Do you think there is a stigma around seeking help for mental health in your community?

The majority of respondents answered affirmatively to this question, indicating that they do believe there is a stigma around seeking help for mental health in their community. These results suggest that mental health stigma remains a significant barrier for many people in need of help, highlighting the need for awareness and education programs to change perceptions and attitudes towards mental health.

Do you think your cultural background influences your approach to mental health?

A significant portion of respondents responded affirmatively to this question, indicating that they do believe that their cultural background influences their approach to mental health. This suggests that culture plays an important role in how people perceive and approach mental health, highlighting the importance of culturally sensitive care in the provision of mental health services.

Have you ever felt discriminated against due to mental health problems?

A significant portion of those surveyed responded affirmatively to this question, indicating that they have felt discriminated against due to mental health problems at some point. These results underscore the prevalence of mental health-related stigma and discrimination, highlighting the need for continued efforts to address and combat these discriminatory attitudes and behaviors.



Frequency:

How often do you feel that work or academic pressure affects your mental health?

Answers vary, but most respondents reported that they feel that work or academic pressure affects their mental health frequently, either daily or weekly. This highlights the importance of addressing the balance between work or study and mental health, as well as the need to implement strategies to manage stress related to these pressures.

How often do you practice physical activities or sports?

Responses are mixed, with some respondents reporting that they engage in physical activities or sports daily or weekly, while others do so monthly or rarely. This suggests a variety in physical activity levels among the survey sample, highlighting the importance of promoting an active lifestyle to improve mental health.

How often do you practice relaxation or mindfulness?

Most respondents indicated that they practice relaxation or mindfulness on a monthly or weekly basis. However, there is a minority who report doing so rarely or never. This suggests a general disposition towards the adoption of mental well-being practices, although there is still room to encourage greater participation in these activities to improve mental health.

How often do you think social expectations (career, marriage, etc.) affect your mental health?

The responses show that social expectations affect mental health with a range of frequencies, from monthly to never. This suggests that while social expectations can have an impact on some people's mental health, not everyone experiences this effect on a regular basis.



How often do you think your mental health is affected by world events or news?

Most respondents reported that their mental health is affected by world events or news on a monthly or even weekly basis. This highlights how global events can have a significant impact on individual mental wellbeing, underlining the importance of emotional self-management and seeking support when necessary.

Open-ended questions:

In your opinion, what is the biggest challenge young people face regarding mental health?

According to respondents, the challenges young adults face related to mental health are diverse and complex. One of the highlights is increased anxiety and depression, exacerbated by fear of missing out, being left out, and facing job and financial uncertainties in the future. Furthermore, many young people struggle to identify which everyday attitudes may be indicative of mental health problems, making it difficult to seek appropriate help and support. Lack of job opportunities and economic uncertainty are also significant challenges, as is acceptance of uncertain employment status after obtaining multiple degrees and diplomas. The poor education received on mental health issues by the educational system adds to these challenges, contributing to perpetuating stigma and lack of awareness in society. Furthermore, the difficulty in accessing affordable and quality mental health services aggravates the situation. In summary, young adults face a number of complex barriers that require increased awareness, access to resources, and support at both the individual and structural levels.

Share an experience where awareness or lack of awareness of mental health has affected you or someone close to you.

Responses reveal a variety of experiences where mental health awareness or lack thereof has impacted individuals and those close to them. From feeling misunderstood and excluded to witnessing the suffering of others who resist seeking professional help, these situations highlight the importance of adequate understanding and support in times of difficulty. Obstacles such as difficulty finding quality services and the stigmatization associated with seeking help are



also noted. Overall, these experiences underscore the need for greater awareness and accessibility to mental health resources to effectively address these challenges. For example, one person mentioned that when he revealed her anxiety, he was laughed at and this led him to feel deeply affected. In addition, the struggles of others are highlighted, such as a cousin with anxiety who is being treated in psychology. These situations highlight the need for greater understanding and support around mental health, as well as adequate access to quality services to address these challenges.

How do you see the relationship between lifestyle choices and mental health?

The responses reflect a unanimous perception of the close relationship between lifestyle choices and mental health. It is highlighted that these two areas influence each other significantly, with one person noting that "everything is influenced by your mental health." It is recognized that having good mental health improves the quality of life and the importance of factors such as physical activity, meditation, satisfaction at work or studies, among others, is highlighted. However, challenges are also noted, such as the lack of emotional support from educational institutions and the constant pressure in decision-making that can directly affect mental health. In addition, the need to take care of mental health is highlighted in a world where a stressful lifestyle and excessive use of technology can have a negative impact. These responses highlight the importance of holistically addressing mental well-being by considering the lifestyle and decisions we make in our daily lives.

Share your thoughts on the availability and quality of mental health services in your community.

The responses reflect widespread concern about the accessibility and quality of mental health services in the community. The difficulty in obtaining appointments with psychologists is highlighted, with some mentioning that public services are inaccessible or that appointments can take months to schedule. The insufficiency and mediocrity of services are pointed out, as well as high prices that make access difficult. The lack of effective campaigns and the collapse of services are also mentioned as problems. These responses underscore the urgent need to



improve the accessibility and quality of mental health services to ensure that all people who need them can access them in a timely and effective manner.

Describe any changes and/or improvements you would like to see in how society addresses the topic of mental health.

The responses collected reflect a call for greater awareness and action around mental health in society. The need for government-led awareness campaigns is highlighted, as well as greater investment in mental health resources, including accessible and free public services such as psychological care. A closer adaptation to the reality of young people is suggested, as well as greater visibility and education about emotional problems in educational centers and in society in general. In addition, the importance of intervening and offering help in situations where it is observed that someone is suffering is noted. These responses underscore the importance of addressing mental health comprehensively and compassionately at all levels of society.

Age group 27-30: 17 responses

Closed-ended questions:

Scale 1-5:

The responses obtained from the survey reflect a varied but generally aware perception of mental health within the age group of 27 to 30 years. There is a trend towards awareness of the importance of mental health, with a majority recognizing its relevance as equal to physical health. However, areas of concern are also identified, such as the perception of a social stigma associated with talking about mental health and the perception that workplaces do not adequately address these issues. Furthermore, there is a demand for more resources and public discussions on mental health, suggesting a growing awareness and desire for change in this age group. These perceptions can be instrumental in designing mental health policies and programs that specifically target this demographic, effectively addressing their needs and concerns.



1. Knowledge of mental disorders: A varied distribution of responses is observed, with an average suggesting moderate knowledge of mental disorders, with 20% assigning a score of 1-2, 45% assigning a score of 3, and 35% assigning a score of 4-5.

2. Importance of mental health: The majority of respondents highly agree that mental health is as important as physical health, with 60% assigning a score of 5.

3. Addressing mental health issues at work: Responses vary, but there is a trend towards the perception that workplaces do not adequately address mental health issues, with 30% assigning a score of 1-2, 40% assigning a score of 3, and 30% assigning a score of 4-5.

4. Comfort talking about mental health with family: Most feel moderately comfortable talking about their mental health with family, with 45% assigning a score of 3, followed by 30% assigning a score from 4-5.

5. Ease of access to mental health resources in the community: Responses are mostly neutral, with 40% assigning a score of 3.

6. Effectiveness of social media campaigns: There is a general perception of moderate effectiveness, with 40% assigning a score of 3.

7. Frequency of activities for mental well-being: The majority perform these activities regularly, with 40% assigning a score of 4.

8. Mental health coverage in health insurance plans: Perception is mixed, with 40% assigning a score of 3.



9. Existence of stigma in society regarding mental health: There is a general perception that stigma exists, with 40% assigning a score of 4.

10. Confidence in identifying signs of mental health problems in others: Most feel moderately confident, with 30% assigning a score of 3 and 35% assigning a score of 4.

11. Government support for mental health initiatives: Responses are varied, with 25% assigning a score of 1-2, 40% assigning a score of 3, and 35% assigning a score of 4- 5.

12. Frequency of experiencing difficult-to-manage stress: There is a trend toward moderate frequency, with 30% assigning a score of 3 and 35% assigning a score of 4.

13. Satisfaction with available mental health resources: Responses vary, with 35% assigning a score of 3, 25% assigning a score of 4, and 20% assigning a score of 5.

14. Contribution of social norms to mental health problems: There is a widespread perception that these norms contribute, with 30% assigning a score of 4.

15. Frequency of feeling overwhelmed by responsibilities: Most experience this with some frequency, with 30% assigning a score of 3 and 35% assigning a score of 4.

16. Importance of public debates about mental health: Most agree that there should be more debates, with 30% assigning a score of 4.



17. Mental health awareness in the social circle: There is a widespread perception that this awareness is important, with 30% assigning a score of 4 and 25% assigning a score of 5.

Yes-No:

Have you ever taken a day off for mental health reasons from work or other responsibilities?

Yes: 11%

Not: 89%

The vast majority (89%) indicate that they have not taken a day off for mental health reasons, which could suggest a lack of awareness or a reluctance to take time for self-care within the workplace.

Have you participated in any training or workshops on mental health?

Yes: 10%

No: 90%

Similar to the first case, 90% of respondents have not participated in any training or workshop on mental health, which highlights the need to promote more education and awareness opportunities on this topic.

Have you or someone close to you ever been diagnosed with a mental illness?

Yes: 16%

No: 84%

16% claim to have received or have someone they know with a diagnosis of mental illness, which may indicate greater openness to talking about these conditions.

Have you ever sought professional help for mental health problems?

Yes: 38%

Not: 62%

About 38% have sought professional help for mental health problems, suggesting a willingness to seek support when necessary, although there remains a significant percentage who have not done so.



Have you participated in any online mental health forums or support groups?

Yes: 11%

No: 89%

A minority (11%) have participated in online support groups or forums, which could indicate less familiarity or access to these resources.

Do you think there are enough mental health professionals in your area?

Yes: 8%

Not: 92%

The overwhelming majority (92%) do not believe there are enough mental health professionals in their area, pointing to a possible lack in the availability of services.

Have you ever encountered barriers to accessing mental health care?

Yes: 32%

Not: 68%

32% have faced barriers to accessing mental health care, highlighting the need to improve accessibility to mental health services.

Have you ever used digital tools or apps designed specifically for mental health?

Yes: 28%

No: 72%

Nearly a third (28%) have used digital tools or apps for mental health, indicating growing acceptance of technology in mental health care.

Have you participated as a volunteer in programs or initiatives related to mental health?

Yes: 7%

No: 93%

The majority (93%) have not volunteered in mental health-related programs, suggesting an area where greater community involvement could be encouraged.

Frequency:



The majority of people surveyed (46%) indicated that they inform themselves about mental health on a weekly basis, followed by 38% who do so monthly. Only a small percentage do it daily (3%), while 11% do it rarely and 2% never inform themselves about this topic. This suggests a significant but variable interest in staying informed about mental health, with the majority regularly devoting time to this activity.

Open-ended questions:

What specific changes would you like to see in your workplace or community to better support mental health?

The responses collected reflect a call for the implementation of emotional and psychological support programs both in the work environment and in the community. The importance of raising awareness and “stigmatizing fighting” around mental health is highlighted, as well as the establishment of well-being policies that include activities such as mindfulness, physical exercise and work flexibility to reduce stress. Additionally, workplace mentoring programs are mentioned to provide a trusted space where employees, especially younger ones, can talk about their mental health concerns. The need to create safe spaces in the community where people can talk openly about their experiences without fear of judgment or discrimination is highlighted, as is the importance of recognizing and respecting the diversity of sexual identities and orientations.

On the other hand, there is a need to increase the availability of mental health professionals and implement more support programs for specific groups, such as single mothers, single fathers and young women with compulsory education. Emphasis is placed on the importance of promoting empathy and reducing judgment towards those facing mental health problems, as well as providing more supports for freelancers, recognizing the unique challenges they face in their work environment. These responses underscore the need for a comprehensive and compassionate approach to addressing mental health both at work and in the community.



Think about a personal experience when you felt that your mental health was significantly affected. What support did you seek or wish you had?

Responses reflect a range of personal experiences in which mental health has been significantly affected, from periods of intense anxiety due to academic pressure to times of extreme stress at work or personal life. In these situations, respondents express a wish to have had access to emotional support resources, such as psychological counseling, support groups, or counseling programs at work. Some specifically mention the importance of having access to mental health services on a college campus or in the work environment to learn coping strategies and receive support during times of difficulty.

In addition, the need for greater access to training or job counseling programs is highlighted to better manage one's professional career and finances, especially in situations of unemployment or job search. The importance of creating a more inclusive environment at work is suggested, where openness and understanding around difficulties related to mental health are encouraged, as well as the implementation of awareness events on this topic in companies.

Finally, the importance of self-reflection and school guidance at key moments in life is mentioned, such as choosing a university career, highlighting the need for better school guidance to make informed decisions about the educational and professional future. Additionally, some respondents note that they sought support from their friends during difficult periods, underscoring the importance of social support networks in managing mental health.

What, in your opinion, are the most significant barriers to accessing mental health care today?

The responses collected identify a number of significant barriers to accessing mental health care today. Among these, the social stigma associated with mental health problems stands out, which discourages people from seeking help and creates an environment of shame around the need for psychological support. In addition, the lack of available resources and services is mentioned, especially in



the public sphere, where long waiting lists make timely access to care difficult. Financial costs also emerge as a major barrier, as many people cannot afford private treatment and face limitations in health insurance coverage for specialist treatments. This lack of affordable access is often compounded by a shortage of mental health professionals in some areas, further limiting the options available to those seeking help.

In addition to these main barriers, other obstacles stand out, such as the lack of education about mental health, which contributes to the lack of awareness about the importance of psychological care and the resources available for it. Limited time and resources, especially for those with parenting responsibilities, are also identified as factors that hinder access to care. Additionally, the stigma associated with seeking help as a single mother or father creates additional barriers for those facing emotional difficulties while balancing family responsibilities. In summary, barriers to accessing mental health care are multiple and complex, addressing a variety of issues ranging from social stigma to economic constraints and lack of available resources and professionals.

How has awareness of mental health evolved over the years and what further improvements are needed?

Over the years, there has been notable progress in raising awareness of the importance of mental health, with greater openness to talking about the topic and more widespread recognition of the need to take care of psychological well-being. However, significant barriers remain, such as the social stigma associated with mental health problems and lack of access to quality services. To improve, more awareness campaigns, greater integration of mental health care into healthcare systems, and broader public education on the topic from an early age are needed. Additionally, greater investment in mental health services at the community level and more effective de-stigmatization are required to foster an environment of openness and acceptance around mental health.



Can you share a story in which you or someone you know positively or negatively influenced society's attitudes toward mental health?

Shared experiences reveal how societal attitudes can have a significant impact on people's mental health. On the one hand, the case of a friend stands out who, when seeking help for his depression, was discouraged by insensitive comments that minimized his situation, reflecting the stigma and lack of understanding that still prevails in society. . On the other hand, the positive support that someone received when seeking professional help to deal with depression is mentioned, highlighting the importance of solidarity and community support in the recovery process.

However, there are also cases of people who felt judged and criticized by their environment, such as an acquaintance who faced scrutiny from her family for expressing anxiety problems, or a single mother who was criticized for taking time off to care for her family. mental health. These experiences highlight the need to combat stigma and promote greater understanding and support in society towards mental health problems, as well as the importance of community solidarity and support in moments of emotional vulnerability.



Conclusion and recommendations

Common Ideas across the Age Groups

1. Awareness of Mental Health Importance:

Both groups demonstrate a shared understanding of the significance of mental health, often equating it with physical health in terms of importance. This alignment underscores a fundamental shift in societal attitudes towards mental health, recognizing it as a vital component of overall well-being. Here's a detailed exploration of this similarity:

Recognition of Holistic Health: Both groups acknowledge that mental health is not separate from physical health but rather intertwined with it. This holistic perspective reflects a broader societal understanding of health as encompassing both physical and psychological aspects.

Normalization of Mental Health Discourse: The widespread recognition of mental health as equally important to physical health suggests a positive trend towards normalizing discussions around mental well-being. This normalization is crucial for reducing stigma and encouraging individuals to seek help when needed without fear of judgment.

Empowerment of Self-Care: By equating mental health with physical health, individuals in both groups may feel empowered to prioritize self-care practices that support their mental well-being alongside physical fitness routines. This shift towards self-care reflects a growing awareness of the importance of holistic health maintenance.

2. Recognition of Social Stigma:

Both groups acknowledge the existence of social stigma surrounding mental health, indicating that it remains a significant barrier to seeking help. This shared perception highlights ongoing challenges in addressing stigma and fostering more supportive environments for mental health. Here's a closer look at this similarity:

Barriers to Help-Seeking: Despite increased awareness of mental health issues, the persistence of social stigma continues to deter individuals from seeking help. This stigma may stem from cultural beliefs, misconceptions, or fear of discrimination, contributing to delays in seeking support and exacerbating mental health issues.

Impact on Help-Seeking Behaviors: The acknowledgment of social stigma suggests that individuals in both groups may hesitate to disclose their mental health struggles or reach out for support due to concerns about how they will be



perceived by others. This reluctance can prolong suffering and prevent timely intervention, underscoring the urgent need to combat stigma.

Call for Advocacy and Education: The recognition of social stigma underscores the importance of advocacy efforts and educational initiatives aimed at challenging negative stereotypes and promoting understanding and acceptance of mental health conditions. By addressing stigma at societal levels, communities can create more inclusive environments that support mental well-being.

3. Desire for Improvement in Mental Health Support:

Both groups express a desire for more support and resources for mental health, whether in the workplace, community, or through government initiatives. This shared aspiration reflects a growing recognition of the need for comprehensive mental health care and underscores the importance of prioritizing mental well-being. Here's a detailed exploration of this similarity:

Expectations of Supportive Environments: Individuals in both groups expect their workplaces and communities to provide adequate support for mental health issues, including access to resources, awareness programs, and supportive policies. This expectation signals a shift towards prioritizing mental health in organizational and societal settings.

Demand for Policy Changes: The desire for more government initiatives and policies addressing mental health highlights a recognition of the systemic changes needed to improve mental health outcomes. By advocating for policy reforms, individuals in both groups aim to create environments that prioritize mental well-being and ensure equitable access to care for all.

Call for Collaboration and Action: The shared desire for improvement in mental health support reflects a collective call for collaboration and action from various stakeholders, including employers, policymakers, healthcare providers, and community leaders. By working together, these stakeholders can develop holistic approaches to mental health that address systemic barriers and promote positive mental well-being for all individuals.

Differences across Age Groups

Awareness and Perception of Mental Health: Younger age groups (18-21 years old) may exhibit lower awareness compared to older groups (22-35 years old), who show a greater understanding of mental health complexities. Older age groups demonstrate heightened recognition of the impact of social relationships and life transitions on mental health.



Attitudes Towards Help-Seeking: Younger age groups may show reluctance towards seeking professional help, while older groups exhibit a higher inclination towards seeking support.

Engagement in Mental Health Advocacy: Older age groups demonstrate more engagement in mental health advocacy or volunteering activities compared to younger age groups.

Perceptions of Workplace Support: Older age groups express greater concerns about workplace mental health initiatives compared to younger age groups, reflecting their career advancement and family responsibilities.

Accessibility of Mental Health Resources: Older age groups express more concerns about the availability and quality of mental health resources in their community compared to younger age groups.

Expectations of Workplace Support: Older age groups prioritize workplace policies that promote work-life balance and caregiver support, reflecting their increasing responsibilities.

Engagement in Mental Health Training: Older age groups demonstrate more engagement in mental health training or workshops compared to younger age groups.

Challenges in Seeking Help

The responses from various age groups reveal a common theme regarding challenges in seeking help for mental health issues. While many respondents express a recognition of the need for support, a significant portion also report uncertainty or lack of knowledge about where to find help. This uncertainty underscores the importance of accessible resources and guidance in navigating the complex landscape of mental health services.

For younger age groups (18-21 years old), this uncertainty may stem from limited exposure to mental health resources and support systems, as they are still navigating their transition into adulthood. While they express a willingness to seek help, the lack of knowledge about available resources poses a barrier to accessing support.

In contrast, older age groups (22-35 years old) may face different challenges, such as balancing career and family responsibilities, which can make it difficult to prioritize seeking help for mental health issues. Additionally, they may encounter barriers related to the perceived stigma surrounding mental health, which could deter them from seeking support even when they recognize the need for help.



Importance of Mental Health Education

The importance of mental health education emerges as a prominent theme across responses, indicating a shared recognition of its significance in addressing mental health issues among young people. This consensus underscores the acknowledgment that education plays a crucial role in promoting mental well-being and equipping individuals with the necessary tools to navigate their mental health effectively.

In the responses from younger age groups (18-21 years old), there is a notable emphasis on the need for mental health education in schools. Respondents highlight the importance of integrating mental health education into the curriculum to raise awareness, reduce stigma, and provide students with coping mechanisms and resources to manage their mental health effectively. They recognize that early intervention through education can help build resilience and empower young people to seek help when needed.

Similarly, respondents from older age groups (22-35 years old) also stress the importance of mental health education, albeit from a broader perspective. They emphasize the need for comprehensive mental health literacy programs that extend beyond schools to reach workplaces, communities, and healthcare settings. These programs should focus on increasing awareness, reducing stigma, and promoting self-care strategies to enhance mental well-being across the lifespan.

The consensus on the importance of mental health education reflects a growing awareness of the role it plays in fostering a mentally healthy society. By prioritizing mental health education and integrating it into various aspects of life, respondents advocate for proactive measures to address mental health challenges and promote overall well-being.

Stigma Surrounding Mental Health

The topic of stigma surrounding mental health discussions emerges as a significant concern across age groups, reflecting a shared recognition of the barriers it poses to seeking support and assistance. Respondents from various age demographics express awareness of the pervasive stigma surrounding mental health conversations within their communities, highlighting its detrimental impact on individuals' willingness to seek help and openly discuss their mental health struggles.

In the responses from younger age groups (16-21 years old), there is a notable acknowledgment of the stigma associated with mental health discussions among peers, family, and society at large. Respondents indicate that this stigma can create a sense of shame or embarrassment around admitting to mental health challenges, leading to reluctance in seeking support or disclosing their experiences. They emphasize the need for greater acceptance and understanding



of mental health issues to foster a more supportive and inclusive environment for those struggling with their mental well-being.

Similarly, respondents from older age groups (22-30 years old) also recognize the presence of stigma surrounding mental health discussions, albeit from a more nuanced perspective. They highlight the societal norms and expectations that contribute to the stigma, such as the perception of mental illness as a sign of weakness or failure. Respondents express concerns about being judged or discriminated against if they were to openly discuss their mental health struggles, leading to reluctance in seeking professional help or disclosing their experiences to others.

The acknowledgment of stigma surrounding mental health discussions underscores the need for concerted efforts to destigmatize mental illness and promote open dialogue about mental health issues. Respondents across age groups advocate for raising awareness, challenging stereotypes, and creating supportive environments where individuals feel comfortable seeking help and sharing their experiences without fear of judgment or discrimination. By addressing the stigma surrounding mental health, communities can foster greater acceptance, empathy, and support for those in need of assistance.



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