



METAPHOR SURVEY: KEY TRANSNATIONAL FINDINGS



Project ID: 101132089



Mesa local de
la Juventud



The survey was conducted online (Feb–April 2024), it gathered **582 responses** from **Bulgaria** (166), **Croatia** (100), **Germany** (102), **Serbia** (107), and **Spain** (107). Targeting youth aged 13–30, with age-group tailored questions, it ensured diversity in gender, education, and urban/rural backgrounds.

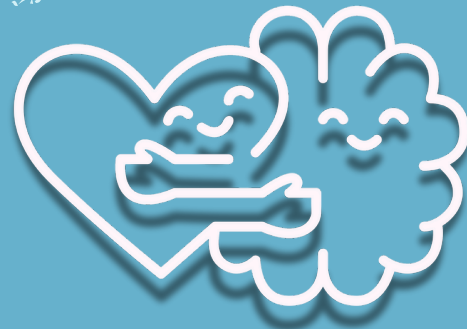
Mental Health Challenges

59,2% of young respondents (16-21 yrs) across partner countries reported experiencing **anxiety or depression** at some point

59 % of young people aged 22-26 **regularly experience stress** that has notable impact on their mental health

Nearly half (**45,3 %**) of the respondents (13-26 yrs) across surveyed countries reported **experiencing discrimination personally** due to mental health issues

Over half (**54,6%**) of respondents (13-30 yrs) across surveyed countries perceive **moderate to high stigma** surrounding mental health in their communities



Access to Help

40,5% of respondents (13-30 yrs) across partner countries has at least once sought professional health due to mental health problems

Nearly 1 in 2 respondents (**46,4 %**) across partner countries **do not have or are unsure** if they have access to **mental health resources** (such as counselors, mental health centers, online resources) in their area

Less than 1 in 2 pupils 13-15 yrs (**47,9%**) has ever received any education about mental health in school, with results varying from 17,4 % (Serbia) to 75% (Germany) across partner countries

Stigma, financial barriers, geographic disparities, underfunded systems, and lack of awareness are the top barriers to accessing mental health care mentioned across all partner countries and age groups





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Mental Health & Social Media

A majority of respondents, 22-26 yrs, (**72,5%**) acknowledged that digital environments significantly influence mental health

Social media also emerged as a frequent driver of daily or weekly mental health strain, reported by **55,2%** of participants (13-21 yrs), mainly due to constant comparison and unrealistic portrayals of life

Still, many young people **value social media** for offering support and mental health resources **when used mindfully**, as revealed by frequent comments in the open-ended questions

Coping & Self-Care

Over half of young people, 13-30 yrs, (**56,5%**) say they rarely or never talk about mental health with their peers or family. Only **27,5%** do so on a regular (daily/weekly) basis

When it comes to caring for their wellbeing, **43,1%** of young people, 13-30 yrs, regularly engage in activities like exercise, mindfulness, or hobbies to support their mental health. Yet, more than a third (**36%**) say they rarely or never take part in such practices

PRIORITIES: THE TOP 5!

Raise awareness and combat stigma !

Persistent stigma is a major barrier. Public campaigns, open discussions, and peer engagement are recommended to normalize conversations about mental health

Improve access to services !

Reach rural areas and underserved youth with mobile teams or community-based care

Integrate mental health education in schools !

Introduce age-appropriate mental health education in formal curricula to improve awareness and reduce stigma from an early age

Empower youth voices !

Involve young people in designing solutions and promote peer-led support systems

Expand digital and community-based tools!

Develop and promote youth-friendly mental health apps, platforms, and hotlines. Localized support networks also need reinforcement