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REGIONAL OFFICE FOR EUROPE
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Date: 8 October 2026

Ms Helen Söber
Adviser
European Union Affairs and International Co-
operation Department
Ministry of Social Affairs
Suur-Ameerika 1
10122 Tallinn
Estonia

Dear Ms Söber,

**Conference on creating conditions for young people to thrive:
A multisector approach to mental health, inclusion and participation,
1-2 December 2026, Copenhagen, Denmark**

The World Health Organization Regional Office for Europe jointly with *headspace Denmark*, a nationwide Danish counselling service for young people, plans to hold the above-mentioned conference. Building on discussions from the WHO/Europe's meeting on "Mental Health in All Policies" held in Paris in June 2025, and the Nordic experience, the conference aims to shift the focus from agenda-setting to implementation.

The objectives of the conference will be to:

- Examine the role of governments, communities, civil society and employers in supporting young people's wellbeing and participation
- Share evidence, policies and practical solutions that strengthen youth mental health, inclusion and opportunity across Europe.

An outline of the scope and purpose of the meeting is enclosed.

I have pleasure in inviting you to nominate one participant with a background and responsibility in youth mental health and youth inclusion in society. The working language will be English. Travel and accommodation will be arranged and paid for by this office.

I look forward to receiving your nomination, giving the name, functional title and email address of the proposed participant at your early convenience, no later than the 25th of October. We shall then communicate with her/him directly and provide the necessary documentation and administrative information in good time.

Dr Ledia Lazeri, Regional Advisor, Mental Health and Well-Being lazeril@who.int is responsible for this activity and it would be appreciated if you would address your reply to her, copying in mhf@who.int.

Thank you very much for continued collaboration.

Yours sincerely,



Dr Natasha Azzopardi Muscat
Director,
Division of Health Systems
WHO Regional Office for Europe

Encls:

Scope and Purpose

Copy for information to:

Ms Agne Nettan-Sepp, Head, European Union Affairs and International Co-operation Department, Ministry of Social Affairs, Suur-Ameerika 1, 10129 Tallinn, Estonia

H.E. Ms Riia Salsa-Audiffren, Ambassador Representative of the Republic of Estonia, Permanent Mission of the Republic of Estonia to the United Nations Office and other international organizations in Geneva, Chemin du Petit-Saconnex 28A, CH-1209 Genève, Switzerland

H.E. Mr Andre Pung, Ambassador Extraordinary and Plenipotentiary, Embassy of the Republic of Estonia, Frederiksgade 19, 4th floor, 1265 Copenhagen K, Denmark

Ms Kristina Köhler, Head of Office, WHO Country Office, Estonia, Paldiski Road 81, 10617 Tallinn, Estonia