



Creating Conditions for Young People to Thrive: A Multisector Approach to Mental Health, Inclusion and Participation
UN city, Copenhagen, Denmark
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Scope and purpose

Objectives

- Explore how cross-sector action can create the conditions for young people to thrive, participate meaningfully in society, and reach their full potential.
- Share evidence, policies and practical solutions that strengthen youth mental health, inclusion and opportunity across the WHO European Region.

Scope and Purpose

Across Europe, young people's wellbeing, mental health and ability to participate fully in society are shaped by a wide range of factors, including education, employment, social connections, community participation and the environments in which they live. Creating the conditions for young people to thrive therefore requires action that extends beyond the health sector and brings together partners across government, civil society, communities, education and employment.

Mental health is both a contributor to and an outcome of participation in society. Young people are more likely to thrive when they have access to supportive environments, meaningful opportunities and timely support throughout key life transitions. At the same time, inclusion, participation and a sense of belonging are important drivers of positive mental health and wellbeing.

Building on discussions of *Mental Health in All Policies* and experiences from across Europe, this conference will explore how to translate policy into action. Through evidence, lived experience and examples of cross-sector collaboration, participants will identify practical approaches to creating environments where young people can thrive and contribute to resilient, inclusive societies.

Key Themes

Mental Health in All Policies; Youth mental health and wellbeing; Prevention and early intervention; Education, employment and social participation; Community-based and low-intensity support models; Digital determinants and digital innovation; Cross-sector partnerships and sustainable financing; Youth engagement and lived experience; Scaling promising practices across Europe

Participants

The conference will bring together policymakers, practitioners, researchers, civil society organizations, employers, international partners and young people from across Europe to exchange knowledge, identify solutions and strengthen collaboration.