

INFOGRAPHIC 4



European Mental Health Week

European Mental Health Week is a pan-European initiative led by Mental Health Europe, aiming to raise awareness of mental health in daily life. It is taking place **from the 19th to the 25th of May, 2025.**

This year's theme is **Care for Mental Health, Invest in Social Rights.** Mental health is deeply shaped by our social environment—poverty, job insecurity, housing, education, and inequality **all play a role.** We must move beyond the idea that mental health is only an individual or biological issue.



European Mental Health Week is a **call to action:** to policy makers, who have the power to embed mental health considerations into all levels of decision-making; to citizens, who are encouraged to **raise awareness and demand change;** and to communities, who can support each other and advocate for social justice.

The EMERGE Youth project aims to address stress-related issues by equipping young people across Europe with **essential tools and techniques for managing stress,** helping them overcome challenges and succeed in their future professional lives.



EMERGE YOUTH

Unlocking Potential, One Breath at a Time



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