

**Youth Mental Health Matters**  
**European Mental Health Week – 9-13 May 2022**

Health Promotion and Disease Prevention Directorate would like to reach out to youths and young people studying at educational institutions during European Mental Health Week. We will be carrying out outreach activities at different institutions during this week.

This will include a stand manned by our staff for the purpose of providing information on mental well-being and resilience. Informational leaflets will be available for the students, and a selection of activities will be available to provide the students with a taster for important tools to challenge negative thoughts, mindfulness, and calmness exercises.

We will also be providing a short session to students (45 minutes to 1 hour) taking place on campus where we will go through the basics of stress (including how to recognise stress, anxiety and burnout) and resilience (including the core competencies for resilience as well as some key pointers for tools and strategies to increase one's resilience). Simultaneously, students will be informed about the potential availability of upcoming programmes offered to their age groups.

For further information, please contact Health Promotion and Disease Prevention Directorate on 2326 6000 or on [health.pro@gov.mt](mailto:health.pro@gov.mt)

Further resources are available on the following link:

<https://deputyprimeminister.gov.mt/en/health-promotion/Pages/mental-health-and-wellbeing.aspx>