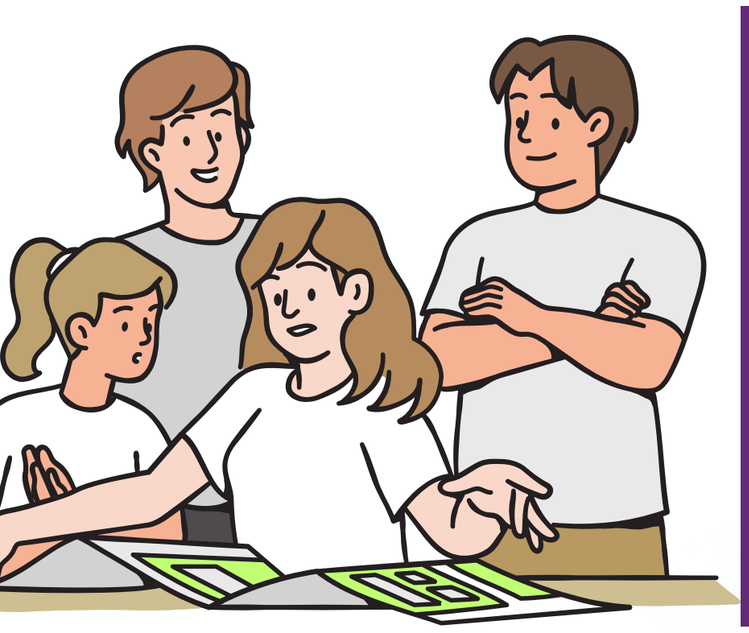
INFOGRAPHIC 4

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.



EMERGE YOUTH

Unlocking Potential, One Breath at a Time

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.

Co-funded by the European Union

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#EmergeYouth