



22nd nMEP Graz 2023

26th – 29th January

PREP MODULE

Committee on Environment and Public Health

Dear delegates of the committee on public health and food safety,

We, the Committee Presidents, are delighted to welcome you all to the MEP- Family! We are looking forward to three days of fruitful debate at the 22nd national MEP session.

Your task throughout our Committee sessions will be to find solutions to **the question of rising rates of mental illness especially among digital natives.**

The COVID-19 pandemic has taken a toll on people's mental health. Rates of mental illnesses such as Depression and Anxiety are at an all-time high, which is not only due to the COVID-19 Pandemic, lockdowns, and social isolation but also due to people's fast paced and often overwhelming lifestyles and social media.

How should the EU address the mental health crisis partially caused by the COVID pandemic?
How does the social media usage of digital natives' factor into the rising mental health issues?
What steps should the EU take?

Please use these links to prepare yourself and to get an insight into the topic. Remember the links are a guideline. We highly recommend that you also do your own research, so please use all other means of information. We are very much looking forward to meeting you at the second digital national session! If there are any questions, feel free to contact us!

Your CP

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Understanding mental illnesses

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/>

<https://www.mentalhealth.gov/basics/what-is-mental-health>

Personality disorders

<https://www.mayoclinic.org/diseases-conditions/personality-disorders/symptoms-causes/syc-20354463>

Adolescents and digital natives

<https://www.statista.com/statistics/1126264/teenagers-experiencing-feeling-low-in-europe/>

<https://www.unicef.org/eu/reports/state-worlds-children-2021>

<https://www.unicef.org/eu/stories/mental-health-burden-affecting-europes-children>

https://www.euro.who.int/__data/assets/pdf_file/0005/383891/adolescent-mh-fs-eng.pdf

https://www.ihwjournal.com/en_gb/2020/10/22/natives-digital-and-social-media/

WHO

https://www.who.int/health-topics/mental-health#tab=tab_1

https://apps.who.int/gb/ebwha/pdf_files/WHA66/A66_R8-en.pdf?ua=1

<https://www.who.int/en/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

https://www.euro.who.int/__data/assets/pdf_file/0004/404851/MNH_FactSheet_ENG.pdf

European social fund plus; ESF+

<https://mhe-sme.org/position-paper-health-strand-esf/>



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Article about mental health and how it is a challenge for the EU

<https://www.goinginternational.eu/wp/de/mental-health-a-key-challenge-for-europe-in-the-21st-century/>

Social pillar

<https://www.mhe-sme.org/wp-content/uploads/2017/11/Briefing-Note-What-is-the-European-Social-Pillar.pdf>

<https://mhe-sme.org/eeg-position-on-the-european-pillar-of-social-rights-and-its-potential/>

<https://mhe-sme.org/discussion-paper-on-the-european-pillar-of-social-rights/>

unequal access to mental healthcare

<https://mhe-sme.org/mhe-response-to-the-lancet-report-gmh-2-2-2-2-2/>

Mental health statistics in Europe

<https://www.statista.com/topics/7916/mental-health-in-europe/#dossierKeyfigures>

Psychiatric hospital beds

<https://ec.europa.eu/eurostat/en/web/products-eurostat-news/-/edn-20201009-1>

Number of psychiatrists in the EU

<https://ec.europa.eu/eurostat/en/web/products-eurostat-news/-/edn-20171010-1>

What it means to become a psychiatrist

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4757612/>



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26th – 29th January

<https://www.yourhealthinmind.org/psychiatry-explained/whats-a-psychiatrist>

A guide to diagnosis of mental illnesses

<https://mhe-sme.org/wp-content/uploads/2018/09/A-short-guide-to-Psychiatric-Diagnosis-FINAL.pdf>