Youth Mental Health Surveys: Greece
Identifying risk.
Strengthening care pathways.
Shaping national action.

Why this survey is needed

Mental health conditions are among the leading causes of disability in children, adolescents, and young adults, with most disorders beginning before age 18. In Greece, growing concerns related to anxiety, depression, suicidality, and digital-related distress have intensified in the context of economic strain, rapid digitalization, and post-pandemic recovery. Yet **Greece currently lacks nationally representative mental health data spanning early childhood through young adulthood.**

The Youth Mental Health Survey – Greece (YMHS-GR) addresses this gap by generating a rigorous, policy-relevant evidence base to guide prevention, early intervention, service planning, and long-term system strengthening. The survey is implemented by the Stavros Niarchos Foundation Global Center for Child and Adolescent Mental Health at the Child Mind Institute, in collaboration with the Child and Adolescent Mental Health Initiative in Greece (CAMHI), ensuring close alignment with national priorities.

What this survey delivers

YMHS-GR is a nationally representative, probability-based household survey of children, adolescents, and young adults aged 3–24 years, spanning four developmental stages (3–5, 6–11, 12–17, and 18–24 years). From 10,000 interviews, the survey generates national estimates on:

- Prevalence of common and severe mental health conditions
- Emotional, behavioral, and functional outcomes
- Suicide and self-harm risk
- Modifiable risk and protective factors, including family context, school connectedness, sleep, adversity, and digital behaviors
- Help-seeking, access to care, and service use, identifying unmet need and system gaps

Results are disaggregated by age, sex, region, and key social indicators to maximize policy relevance.

LUMI: Next-generation assessment tool

The survey is powered by LUMI – the Library of Universal Mental Health Instruments, a free, multilingual, and culturally sensitive assessment system designed for use from early childhood through young adulthood (ages 3–24).

LUMI integrates:
- 32 mental health symptom dimensions and **24 diagnostic categories, aligned with ICD-11 and DSM-5, including behavioral addictions such as gaming disorder, gambling, addiction to social media, and AI-chatbots**

- Clinical staging models, capturing trajectories from early risk to more severe disorder
- Functioning, suicidality, and detailed mental health care and service use
- 23 modifiable risk and protective factors, supporting prevention-oriented policy action

LUMI has undergone extensive global validation, including expert review, cognitive testing, cross-country psychometric evaluation, gold-standard clinical validation, and formal translatability testing (including Greek), ensuring reliability and international comparability.

Strategic impact for Greece

YMHS-Greece provides Greece with a foundational national evidence asset to strengthen prevention and early-intervention strategies, inform health, education, and digital mental health policy, guide workforce development, and enable international benchmarking and long-term monitoring.

camhi.gr

STAVROS NIARCHOS FOUNDATION
Global Center for Child & Adolescent Mental Health
AT THE CHILD MIND INSTITUTE

Child Mind Institute

Διεθνής Πρωτοβουλία για την Υγεία
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