

# UN HUMAN RIGHTS STUDY ON YOUTH MENTAL HEALTH

## *Consultation Toolkit*



**United Nations**  
Youth Office



## What is this consultation about?

The Office of the United Nations High Commissioner for Human Rights (OHCHR) is preparing a [global report on the impact of youth mental health on the fulfilment of human rights](#). To shape this report, OHCHR is inviting young people around the world to share their lived experiences, perspectives and ideas for change.

This toolkit helps you understand the consultation and prepares you to share your voice safely, meaningfully and effectively.

## Why is your input important?

Young people are experts in their own realities. Your experiences – both the challenges and the solutions – are essential to informing global policy and shaping recommendations for governments, UN agencies, and institutions.

By participating, you:

- Influence how mental health is understood in global human rights discussions;
- Ensure that decision-makers hear what is happening on the ground;
- Help highlight the realities of marginalized communities and those who are often overlooked;
- Contribute to a global process that can lead to better laws, better services and better protections for youth worldwide.

**Your voice is needed. Your perspective matters. This report cannot be complete without you!**

## Your participation must always feel safe

- You are free to share only what you are comfortable sharing.
- Your personal information will not be shared without consent.
- You can speak from personal experience or from what you observe in your community.
- Well-being is a priority – take breaks, reflect and seek support if needed.

*We encourage facilitators and youth advocates to create supportive, stigma-free spaces where young people can express themselves openly.*



## Why talk about mental health?

Many young people still lack access to accurate information on mental health or may feel uncomfortable discussing it because of stigma, cultural expectations or fear of judgment. Around the world, mental health remains misunderstood, underfunded and often invisible – especially for youth.

This consultation is a chance to:

- Clarify what mental health means and how it relates to your daily life;
- Understand that mental health challenges are normal, common and deserving of care;
- Recognize that mental health is not only a medical issue – it is a human rights issue.

## What do you need to do?

This consultation is your opportunity to shape a global UN report on youth mental health and human rights. There are two simple steps to participate.

### 1. Complete the UN Youth Office Online Form – by 1 February 2026

The first and most important step is to fill out the form, where we will collect and synthesize youth inputs from around the world.

Your answers will help us understand the real experiences, barriers, and ideas for solutions related to youth mental health.

### 2. Email Your Inputs to OHCHR – by 20 February 2026

After completing the above-mentioned form, you must also email your contribution directly to the Office of the High Commissioner for Human Rights so it can be formally included in the global report.

Please send your submission to [ohchr-registry@un.org](mailto:ohchr-registry@un.org) and copy [helen.griffiths@un.org](mailto:helen.griffiths@un.org) with the **subject line**: *Inputs for study on the impact of mental health challenges on the enjoyment of human rights by young people*.

Your document should be no longer than 5 pages, submitted in Word or PDF, and written in English, French or Spanish.



**United Nations**  
**Youth Office**

**UN HUMAN RIGHTS STUDY ON YOUTH MENTAL HEALTH**  
*Consultation Toolkit*

**Created by UN Youth Office Mental Health Advocates**

Cover art courtesy of: Office of the United Nations High  
Commissioner for Human Rights (OHCHR)