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**HEALTHY
MIND,
HEALTHY
CHILD**

PRESS RELEASE #2

European Project HMHC Begins Research on Children's Mental Health Needs



As part of the Healthy Mind, Healthy Child (HMHC) project, partners have launched a comprehensive needs assessment study to better understand the challenges affecting children's mental health.

The research phase will include interviews with professionals and surveys distributed across partner countries to identify barriers preventing children from accessing adequate mental health support. The findings will help design practical interventions tailored to the needs of children, families and educators.



Mental health challenges among children are increasingly recognised as a major social issue across Europe. Experts estimate that up to 20% of children worldwide experience mental health problems, highlighting the urgency of coordinated action.