



Declassified¹

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Committee on Social Affairs, Health and Sustainable Development

Minutes

of the public hearing on “Taking into consideration the impact of the fight against the Covid-19 pandemic on the mental health of minors and young adults” held in Strasbourg on 24 January

In the framework of the report currently in preparation on “Taking into consideration the impact of the fight against the Covid-19 pandemic on the mental health of minors and young adults” by **Mr Simon Moutquin** (Belgium, SOC), the Committee **held** a public hearing with **Mx Anna Knobbout**, member of the Advisory Council on Youth (CCJ) of the Council of Europe. **Ms Selin Sayek Böke** (Türkiye, SOC), **Chairperson of the Committee**, opened the hearing, introduced the guest speaker, and gave the floor to the rapporteur for a brief introduction.

Mr Moutquin briefly presented the latest additions to the preliminary draft report, informed members about the results of his fact-finding visit to Oslo (Norway) and welcomed the expert. He intended to propose a change of title, so that it would correspond more to the issue that was dealt with in the report.

Mr Davies said that he would submit a proposal to the rapporteur concerning a proposed change of title. He was concerned that many young people were going through an existential crisis and did not want to have children. One reason for anxiety was lack of control; the impact of climate change on future generations was an example of that. The report should also consider the need to empower young people, including in the response to climate change. Many young people did not feel heard, and some joined extreme movements such as Extinction Rebellion which had been categorised as a terrorist group in the United Kingdom.

Mr van Pareren said that the rapporteur had tried to make this a report about climate change. Most young people were afraid about “all the hysteric news about climate change” and didn’t seem to “go with the future”. To talk about the psychological impact on young people, the rapporteur needed to consider things other than climate change and look more at psychiatry. A lot of young people were having fun, and the rapporteur should not focus on only one side of the picture.

Mr Essl was not able to support what the previous speakers had said, which gave the impression that the world was collapsing. The world had faced the Covid-19 pandemic and climate crisis. However, most young people he knew had a positive outlook on the future.

Mx Knobbout reacted to the members’ remarks. During the Covid-19 pandemic, they had lived with 20 other students, 14 of whom were waiting for mental health help and had had to wait for two years at the beginning of the pandemic just to have a first session with a psychologist. While the problems of youth and their needs were getting stronger, the waiting lists were getting longer. Many youths had suicidal thoughts. Trans youth were some of the most vulnerable and susceptible to suicide. Long waiting lists were severely impacting the mental health of youth and led to suicidal thoughts.

Prevention and including mental health as part of the school curriculum were very important. Some initiatives had been launched on this in the Netherlands. Other member States should consider launching similar initiatives. Trauma-informed schools were important, not only for refugees, but also for youth in general. Trauma was often at the root of the problem.

Although public acceptance of mental health issues had improved, mental health was still not considered on an equal footing with physical health. If someone called in sick to university and said that they had major anxiety and thus could not come to class, this would not be accepted, whereas if one called in sick due to a headache or something related to physical health, one would be encouraged to take a sick day.

Mx Knobbout commended the rapporteur for a good preliminary draft report and advised the rapporteur to interview some young people for the report, in order to learn more about their problems.

¹ The minutes were approved and declassified by the Committee on Social Affairs, Health and Sustainable Development at its meeting on 16 March 2023.

The Chairperson then thanked all the participants for their contributions and closed the hearing.

Committee on Social Affairs, Health and Sustainable Development
Commission des questions sociales, de la santé et du développement durable

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Ms Heike Engelhardt	Germany / Allemagne	Ms Franziska Kersten
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Mr Harald Weyel	Germany / Allemagne	Ms Katrin Staffler
Ms Nina Kasimati	Greece / Grèce	Ms Foteini Pipili
Ms Theodora Tzakri	Greece / Grèce	Mr Kyriakos Velopoulos
Ms Mónika Bartos	Hungary / Hongrie	Mme Katalin Csöbör
Ms Boglárka Illés	Hungary / Hongrie	Ms Zita Gurmai
Mr Bjarni Jónsson	Iceland / Islande	Ms Jódís Skúladóttir
Mr Joseph O'Reilly	Ireland / Irlande	Ms Reada Cronin
Zz...	Italy / Italie	Zz...
Zz...	Italy / Italie	Zz...

Zz...	Italy / <i>Italie</i>	Zz...
Zz...	Italy / <i>Italie</i>	Zz...
M. Andris Bērziņš	Latvia / <i>Lettonie</i>	Mr Edmunds Cepurītis
Ms Franziska Hoop	Liechtenstein	Mr Peter Frick
Mr Kęstutis Masiulis	Lithuania / <i>Lituanie</i>	Ms Rasa Budbergytė
M. Max Hengel	Luxembourg	M. Paul Galles
Ms Romilda Baldacchino Zarb	Malta / <i>Malte</i>	Mr Joseph Beppe Fenech Adami
Mr Ion Groza	Republic of Moldova / <i>République de Moldova</i>	Ms Reghina Ȃpostolova
M. José Badia	Monaco	Mme Béatrice Fresko-Rolfo
Mr Miloš Konatar	Montenegro / <i>Monténégro</i>	Zz...
Ms Reina De Bruijn-Wezeman	Netherlands / <i>Pays-Bas</i>	Mr Bob Van Pareren
Ms Ria Oomen-Ruijten	Netherlands / <i>Pays-Bas</i>	Ms Agnes Mulder
Ms Artina Qazimi	North Macedonia / <i>Macédoine du Nord</i>	Mr Vlado Misajlovski
Ms Lisa Marie Ness Klungland	Norway / <i>Norvège</i>	Ms Linda Hofstad Helleland
Ms Danuta Jazłowiecka	Poland / <i>Pologne</i>	Mr Tomasz Latos
Mr Bolesław Piecha	Poland / <i>Pologne</i>	Ms Marta Kubiak
Mr Andrzej Szejna	Poland / <i>Pologne</i>	Ms Mirosława Nykiel
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Mr Pedro Cegonho	Portugal	Ms Jamila Madeira
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Ms Alina-Ştefania Gorghiu	Romania / <i>Roumanie</i>	Mr Cristian-Augustin Niculescu-Țăgârlaş
Ms Diana Stoica	Romania / <i>Roumanie</i>	Ms Daniela Oteşanu
Ms Marica Montemaggi	San Marino / <i>Saint-Marin</i>	Mr Marco Nicolini
Ms Tatjana Pašić	Serbia / <i>Serbie</i>	Ms Jelena Milošević
Ms Dunja Simonović Bratić	Serbia / <i>Serbie</i>	Mr Uglješa Marković
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Mr Dean Premik	Slovenia / <i>Slovénie</i>	Ms Iva Dimic
Ms María Fernández	Spain / <i>Espagne</i>	Ms Susana Sumelzo
Mr Antón Gómez-Reino	Spain / <i>Espagne</i>	Ms Belén Hoyo
Ms Carmen Leyte	Spain / <i>Espagne</i>	Mr Salvador Vidal
Mr Mattias Jonsson	Sweden / <i>Suède</i>	Ms Yasmine Bladelius
Ms Beatrice Timgren	Sweden / <i>Suède</i>	Ms Boriana Åberg
Ms Sibel Arslan	Switzerland / <i>Suisse</i>	M. Pierre-Alain Fridez
M. Jean-Pierre Grin	Switzerland / <i>Suisse</i>	Mme Ada Marra
Ms Emine Nur Günay	Türkiye	Mr Mehmet Mehdi Eker
Mr Halil Özşavli	Türkiye	Ms Sena Nur Çelik
Mr Hışyar Özsoy	Türkiye	Ms Feleknaş Uca
Ms Selin Sayek Böke	Türkiye	M. Haluk Koç
Mr Artem Dubnov	Ukraine	Ms Lesia Zaburanna

Ms Olena Khomenko	Ukraine	Ms Larysa Bilozir
Ms Yuliia Ovchynnykova	Ukraine	Mr Andrii Lopushanskyi
Mr Geraint Davies	United Kingdom / <i>Royaume-Uni</i>	Ms Kate Osamor
Ms Sally-Ann Hart	United Kingdom / <i>Royaume-Uni</i>	Mr Richard Bacon
Baroness Doreen E. Massey	United Kingdom / <i>Royaume-Uni</i>	Ms Ruth Jones
Mr David Morris	United Kingdom / <i>Royaume-Uni</i>	Ms Sheryll Murray

Other Parliamentarians present / Autres Parlementaires present.e.s

Ms / Mme Aurora Floridia Italy / *Italie*
 Mr / M. Enis Kervan Kosovo*
 Mr / M. Besnik Tahiri Kosovo*

Partners for Democracy / Partenaires pour la Démocratie

Ms / Mme Reema Abu-Alees Jordan / *Jordanie*
 Ms / Mme Dina Albashir Jordan / *Jordanie*
 Mr / M. Allal Amraoui Morocco / *Maroc*
 Mr / M. Hassan Arif Morocco / *Maroc*

Embassies / Permanent Representations and Delegations
Ambassades / Représentations permanentes et Délégations

Ms / Mme Arpine Fedoseeva, Chief specialist Department of External Relations, Government of Armenia /
Spécialiste en chef, Département des relations extérieures, Gouvernement d'Arménie
 Mr / M. Tale Aliyev, Deputy to the Permanent Representative, Permanent Representation of Azerbaijan to
 the Council of Europe / *Adjoint au Représentant permanent, Représentation permanente d'Azerbaïdjan*
auprès du Conseil de l'Europe
 Mr / M. Fatih Gündoğdu, Deputy to the Permanent Representative, Permanent Representation of Türkiye to
 the Council of Europe / *Adjoint au Représentant permanent, Représentation permanente de Türkiye*
auprès du Conseil de l'Europe

Secretariat of Delegation or of Political Group / Secrétariat de Délégation ou de Groupe politique

Ms / Mme Panagiota Micha, Greek delegation to PACE / *Délégation grecque auprès de l'APCE*
 Mr / M. Răzvan Tanase, Delegation Secretary, Romanian delegation to PACE / *Secrétaire de délégation,*
délégation de la Roumanie auprès de l'APCE
 Ms / Mme Handan Karakaş Demir, Delegation Secretary, Turkish delegation to PACE / *Secrétaire de*
délégation, délégation turque auprès de l'APCE

Expert / Expert.e

Mx Anna Knobbout, member of the Advisory Council on Youth (CCJ) of the Council of Europe / *membre du*
Conseil consultatif sur la jeunesse (CCJ) du Conseil de l'Europe

Others / Autres

Ms / Mme Bénédicte Colin, Federation of Catholic Family Associations in Europe / *Fédération des*
associations familiales catholiques

* All reference to Kosovo, whether to the territory, institutions or population shall be understood in full compliance with United Nations Security Council Resolution 1244 and without prejudice to the status of Kosovo. / *Toute référence au Kosovo, que ce soit à son territoire, à ses institutions ou à sa population, doit se comprendre en pleine conformité avec la Résolution 1244 du Conseil de sécurité des Nations Unies et sans préjuger du statut du Kosovo.*

Council of Europe staff / Secrétariat du Conseil de l'Europe

Ms / Mme Joanne Hunting, Secretary to the Advisory Council on Youth (CCJ) / *Secrétaire du Conseil consultatif sur la jeunesse (CCJ)*

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Ms / Mme Ekaterina Malareva, Children's Rights Division / *Division des droits de l'enfant*

Ms / Mme Zeynep Usal-Kanzler, Steering Committee for the Rights of the Child (CDENF) Secretariat / *Secrétariat, Comité Directeur pour les Droits de l'Enfant (CDENF)*

Secretariat of the Parliamentary Assembly / Secrétariat de l'Assemblée Parlementaire

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