



Statement from the Mental Health Association (MHA) on Rising Youth Self-Harm Rates

The Mental Health Association (MHA) is deeply concerned about the recent report by The Times of Malta, which highlights an alarming increase in self-harm rates among young people. This troubling tendency underscores the urgent need for multidimensional support systems.

Mental health is not merely a health issue, nor is it solely the responsibility of the Ministry of Health. MHA urges collaboration among all stakeholders to create a supportive environment that prioritises the mental wellbeing of young people and their families.

While mental health education and literacy are crucial, action is needed beyond these efforts. Family-friendly frameworks in employment are essential to increase parental presence in young people's lives. Additionally, promoting green environments, hands-on education, outdoor opportunities, and ensuring a good standard of living are all vital components. Immediate steps must be taken to secure a decent quality of life for young people and their families.