SCHOOL MENTAL HEALTH

Newsletter

SEPTEMBER 2026

What students need to feel supported at school

How can schools make emotional support part of everyday life? The School Mental Health research report brings together students' experiences and professionals' perspectives from Romania, Lithuania, Spain, Cyprus and Iceland. It explores how relationships, academic demands, family circumstances and digital experiences shape wellbeing at school.

Listening to students and professionals

The research combined a survey of 329 students aged 16–18, 54 interviews involving 55 professionals, and five focus groups involving 55 younger students. The focus groups took place in Romania, Lithuania, Spain and Cyprus. This combination offers insight into both students' everyday experiences and the support needs identified by education and mental health professionals.

What the findings highlight

Academic pressure matters. Students described grades, assessment and workload as important parts of their emotional experience, although their significance varied between the participating groups and countries.

Relationships help shape wellbeing. The report highlights the value of supportive peer relationships, trusted teachers and family involvement. These relationships influence whether students feel listened to and comfortable seeking help.

Support needs to be approachable. The presence of a counselling or support service does not, by itself, ensure that students will use it. Participants' accounts point to the importance of trust, confidentiality and support that feels relevant to young people.

Co-funded by the European Union

Co-funded by the European Union. Views and opinions expressed are those of the authors only and do not necessarily reflect those of the European Union or the Spanish Agency for the Internationalisation of Education (SEPIE). Neither the European Union nor SEPIE can be held responsible for them.

SCHOOL MENTAL HEALTH

Newsletter

SEPTEMBER 2026

From findings to practical resources

329
survey respondents

55
professionals interviewed

5
countries involved

Students asked for practical help with managing stress, opportunities to talk about their feelings, quiet spaces and activities that strengthen cooperation and belonging. Their priorities provide direction for the next stages of School Mental Health: a digital platform for emotional wellbeing, training materials and awareness-raising activities for school communities.

> Teachers, school leaders, support professionals and families can use the report to start a conversation: what makes it easier for students in our school to ask for help, and which everyday practices could better support their wellbeing?

Read the research report: REPORT

About the study: the findings describe the participating samples and contexts. They should not be treated as nationally representative estimates or used to rank education systems.

Project partners

Santa María la Real fundación | empleo e inclusión social

idea FACTORY

PREDICT

VIKO VILNIAUS KOLEGIJA | HIGHER EDUCATION INSTITUTION

NORTH CONSULTING

Co-funded by the European Union

Co-funded by the European Union. Views and opinions expressed are those of the authors only and do not necessarily reflect those of the European Union or the Spanish Agency for the Internationalisation of Education (SEPIE). Neither the European Union nor SEPIE can be held responsible for them.