❈ Y20 Recommendations on Improving Digital ❈ Mental Health

1. To reduce youth mental health distress with negative algorithmic bias, prohibit secret content ranking formulas in news feed algorithms by social media and news platforms and enable all persons to choose their content preferences by 2025.

2. To prevent youth mental health issues, ensure the availability and promotion of free digital and psychological self-help treatments for diverse linguistic and cultural youth, usable on mobile devices and in schools for education purposes by 2025. Increase investment in and promote free confidential and inclusive mobile text and web chat crisis support with a mental health clinician by 2025.

3. To prevent youth deaths by suicide, by 2025, establish an international network for coordinating the confidential sharing of social media and search engine data with the relevant national health agencies of their country to take preventative measures if a person is at risk of potential self-harm or suicide.

4. To improve youth workplace mental health, establish common standards for corporate disclosures on digital wellbeing outcomes, including awareness raising, training, and investment in services to support employees.

5. To improve youth mental health literacy, integrate mental health awareness and resilience skills development programs into formal and non-formal education curriculum to encourage greater help-seeking intentions, reduce stigma towards mental disorders, and increase use of preventative mental health strategies.

6. To prevent youth mental health issues, develop a G20 youth mental health treatment charter that outlines principles and standards on treating mental disorders using age-appropriate and holistic approaches that considers a young person's psychological, biological, social, and spiritual dimensions.

7. To reduce youth mental health distress, ensure the availability and promotion of free pastoral care and multi-faith chaplaincy services for young people in schools and tertiary settings to provide greater access to spiritual and meaning-oriented mental health support directed at symptoms, self-care, referrals, and peer support choices.

8. To improve international cooperation on youth wellbeing policies, establish a multi-stakeholder forum on youth mental health and training materials among G20 countries, their sub-national jurisdictions, and beyond, to share knowledge, best practices, and multisectoral capacity building of organisations and governments in addressing youth mental disorders and prevention strategies.

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