



Why Early Intervention Matters

Youth Mental Health - Norway as a case

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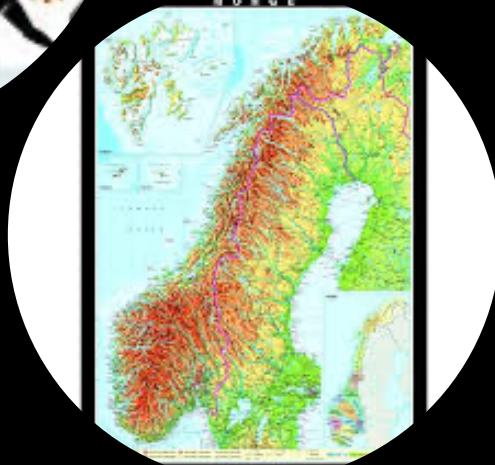
Department of Health, Social and Welfare Studies

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Early - Changes Everything. Strengthening Youth Mental Health, 27th May 2026 Malta



Norway as case



- High investment
- Strong welfare system
- Extensive services



What young people struggle with

- Stress
 - Anxiety
 - Loneliness
-
- **“Everyday distress — not diagnosis”**



Why do young people struggle

Pressures

- Social media?
- School stress
- Sleep problems

Changes

- More openness
- Less stigma
- New awareness

What is done to help?

- Families
- Schools
- Communities
- Services

“But not well connected”



Life Skills in School

- Emotions
 - Stress
 - Relationships
-
- **“But who is responsible?”**



What works?

- School programmes
- Family Matters
- Early environments
- «No single solution»





- **WHO GETS HELP?**

- Severe cases
- Resourceful families

- **WHO DOES NOT?**

- “In-between” youth
- Low-resource families
- Rural youth

Some key insights

- Most young doing well
- But distress increasing
- Strong systems
- Late support
- Unequal access





Do we need a shift in perspective?

- Rethink early intervention
- Strengthen everyday settings
- Create belonging and meaning
- Enable participation and contribution

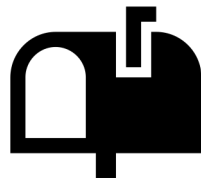
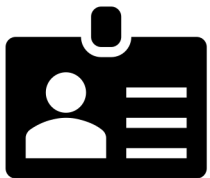
“Start where young people are”





Thank you for
your attention

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