

Gen Alpha and Gen Z Speak: Listening to Young People in Malta

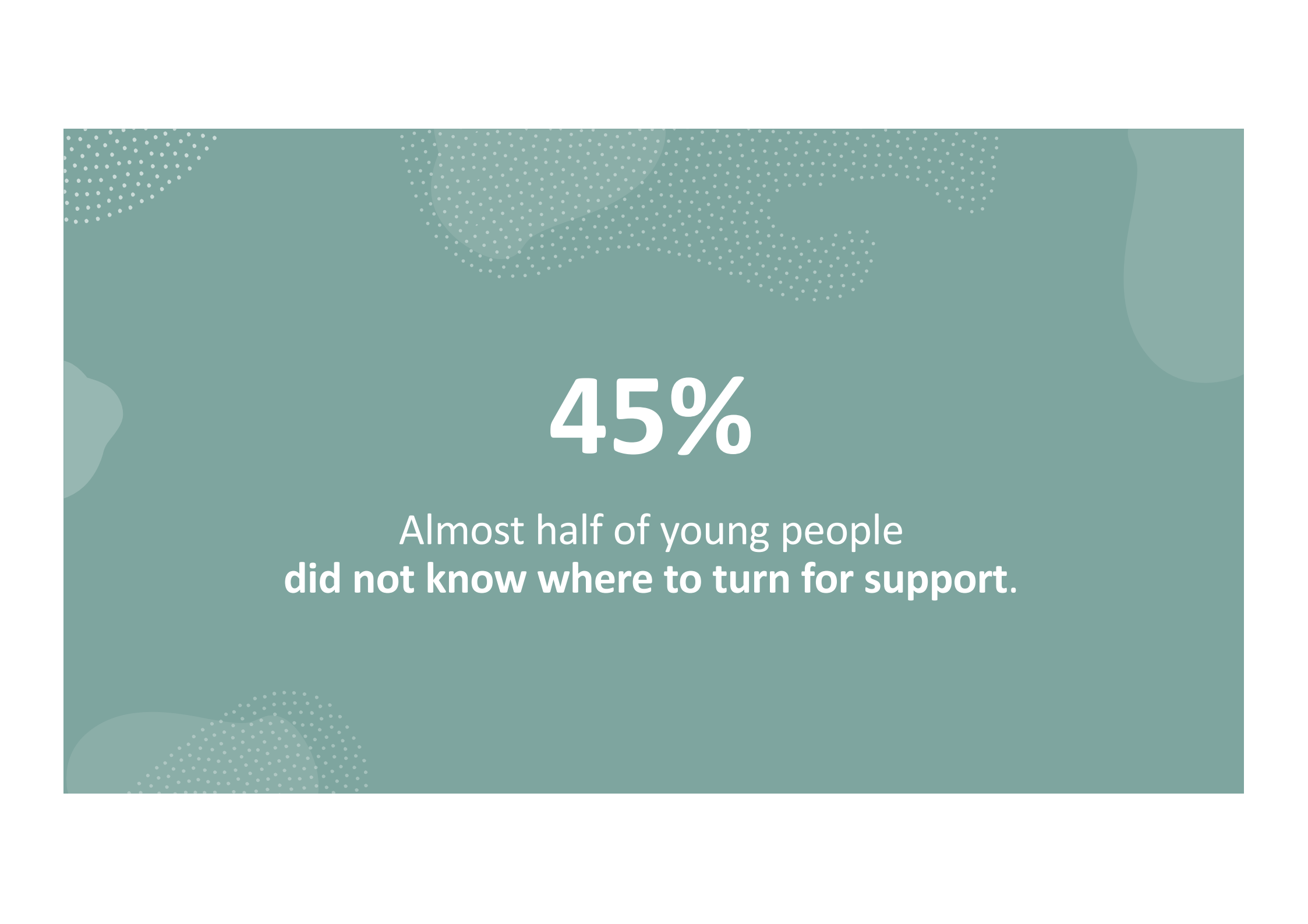
Youth Mental Health Barometer

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Opening Question

If a young person in Malta is struggling tonight...
would they know where to turn?



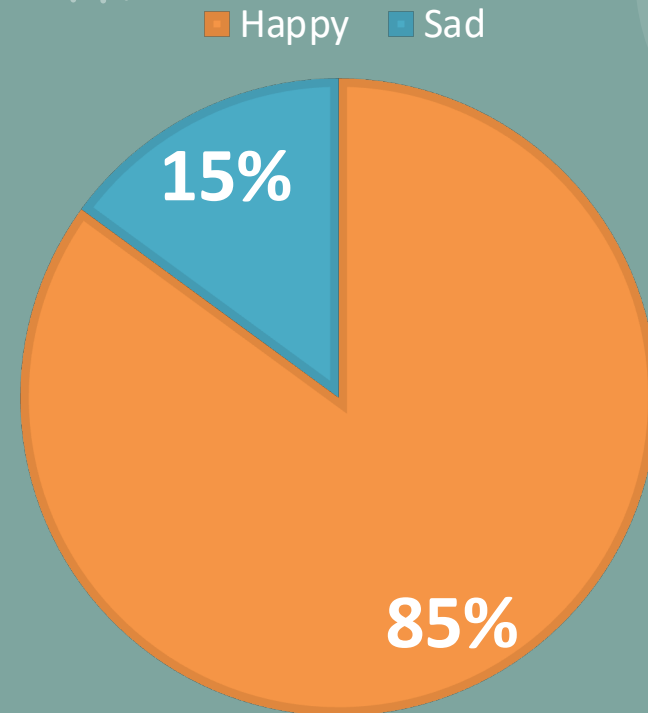
45%

Almost half of young people
did not know where to turn for support.

A Complex Reality

Happy
Hopeful
Connected
Yet anxious and uncertain

FEELINGS ABOUT THE FUTURE



Personal Reflection

Mental health difficulties
affect entire family
systems.

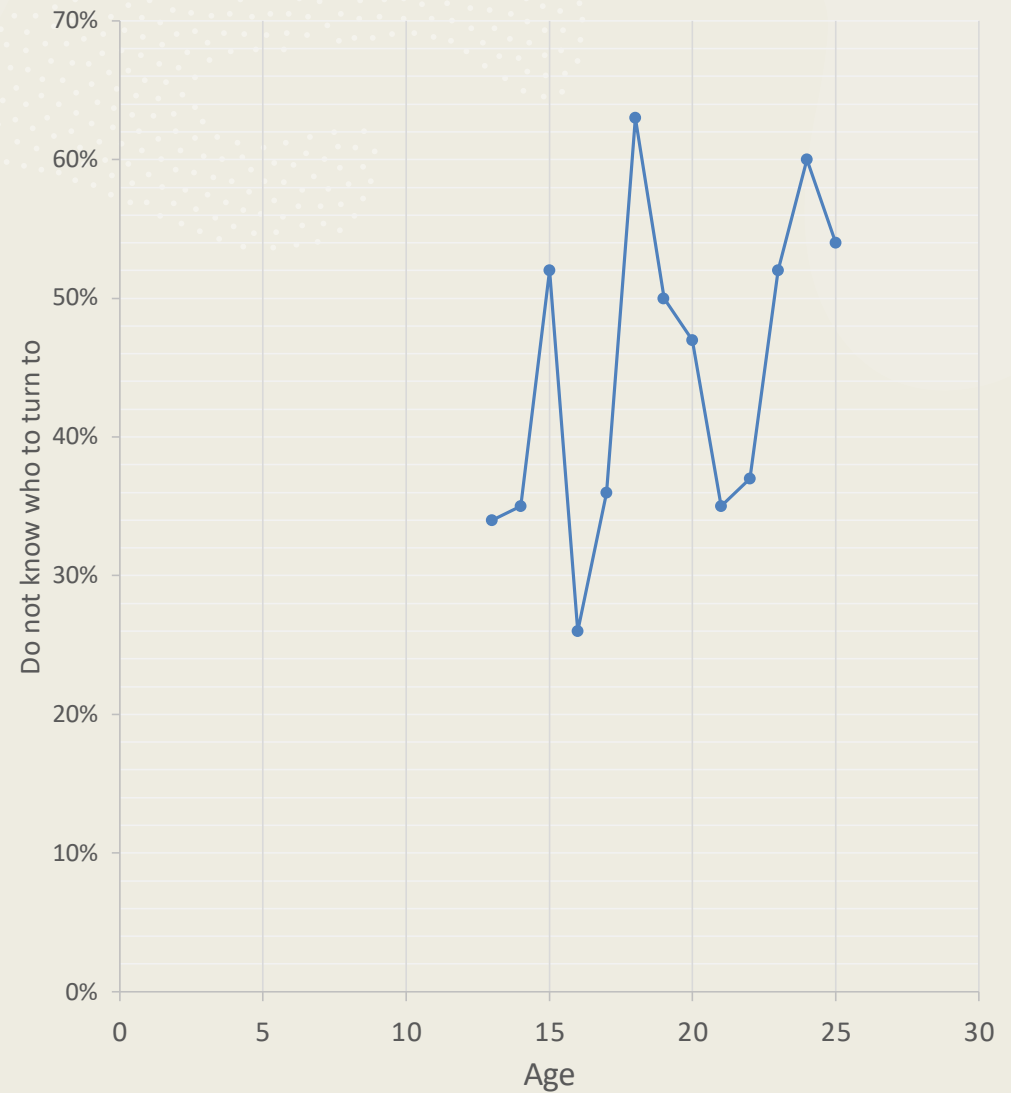


The Real Shift

Not simply anxiety, but navigation

Transitions Matter

Uncertainty spikes at key developmental transition points.

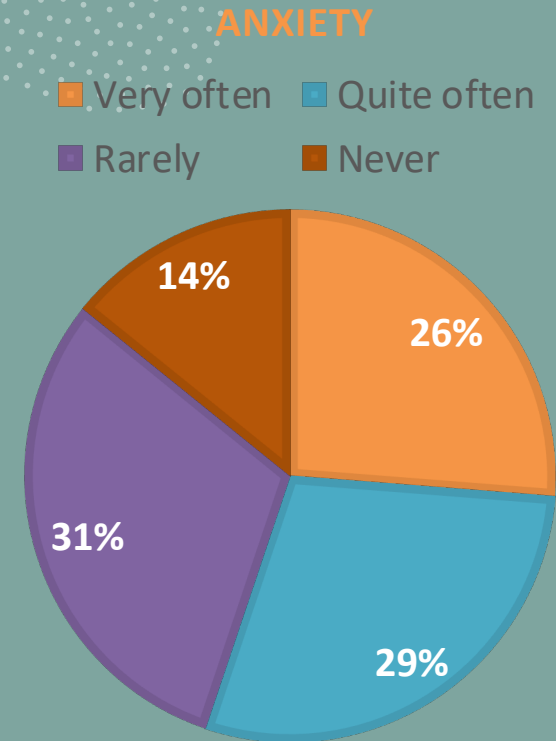


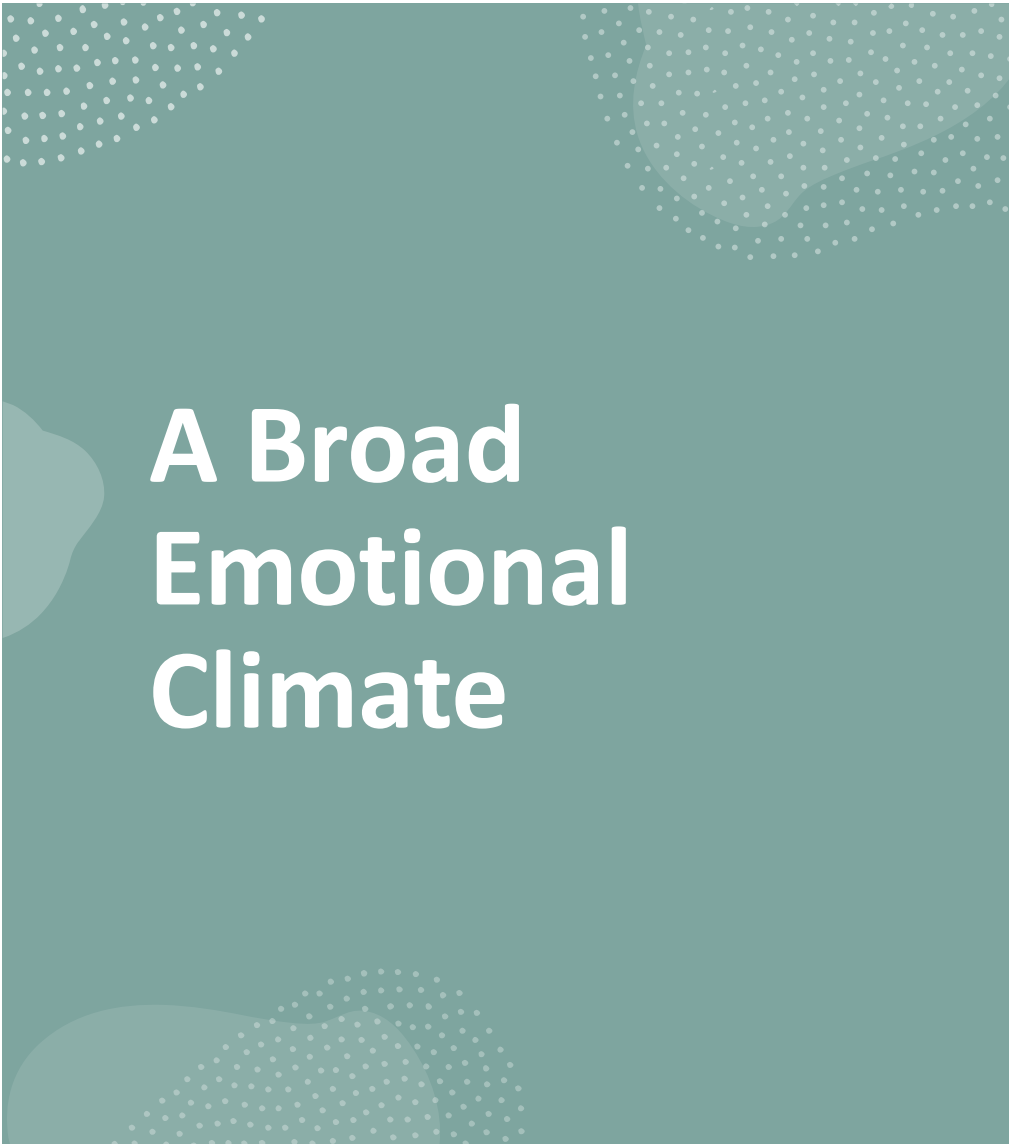
Transitional Vulnerability

15, 18 and early adulthood emerge as critical stages.

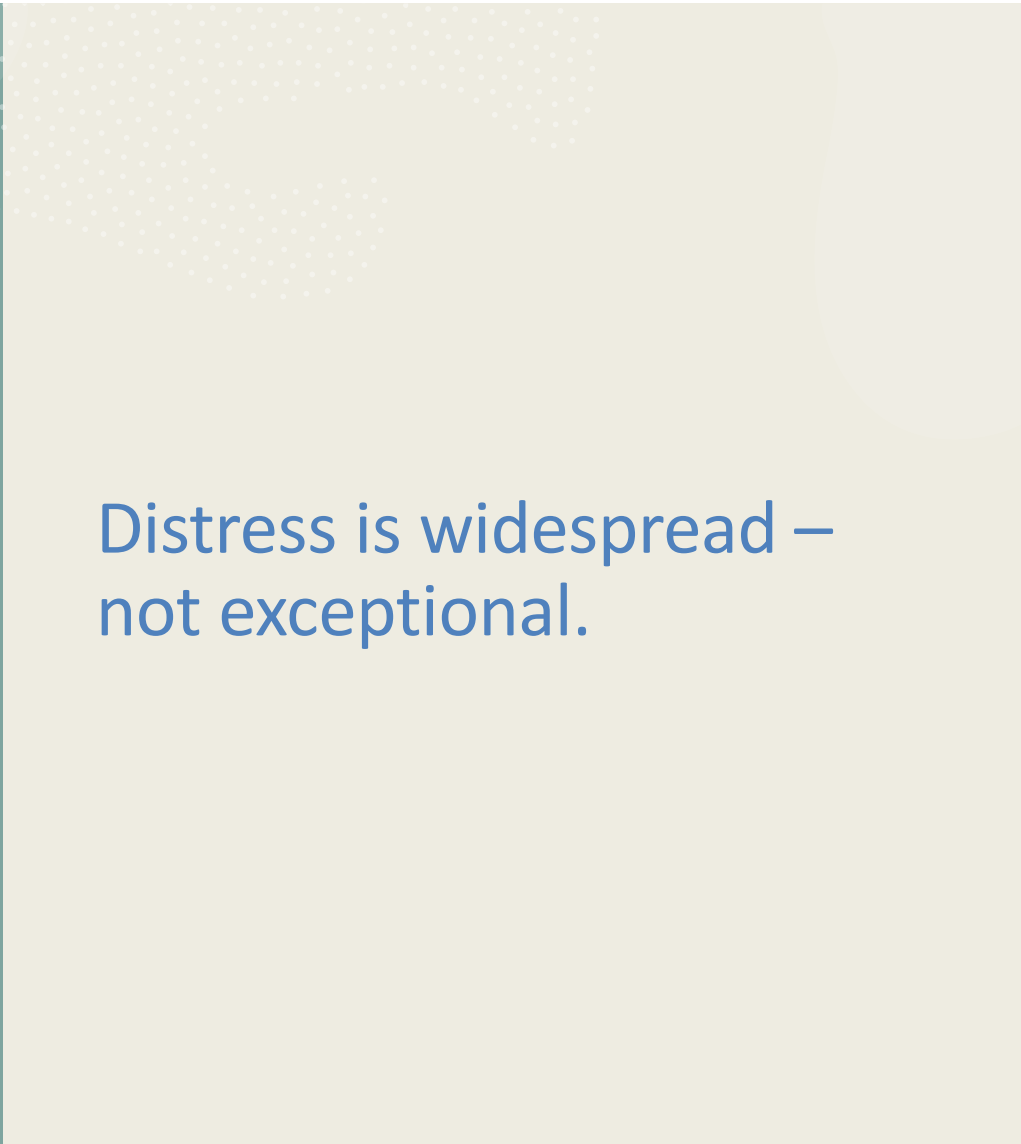
Emotional Reality

Anxiety remains the most commonly reported difficulty.





A Broad Emotional Climate



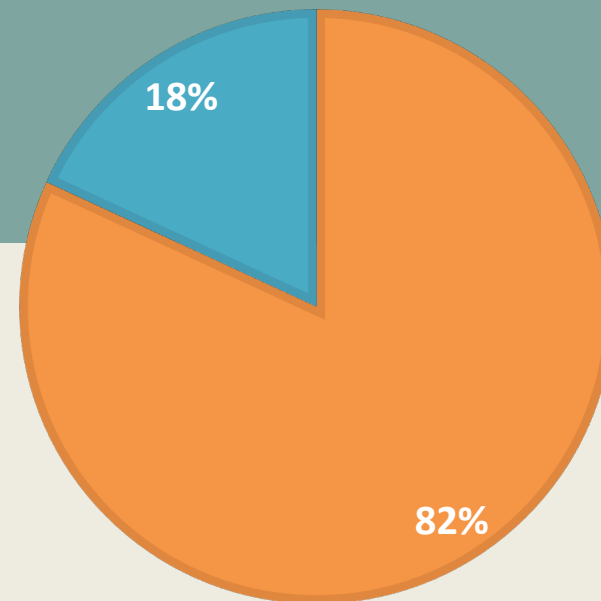
Distress is widespread –
not exceptional.

Signs of Hope

Young people remain hopeful about the future.

FEELINGS ABOUT THE FUTURE

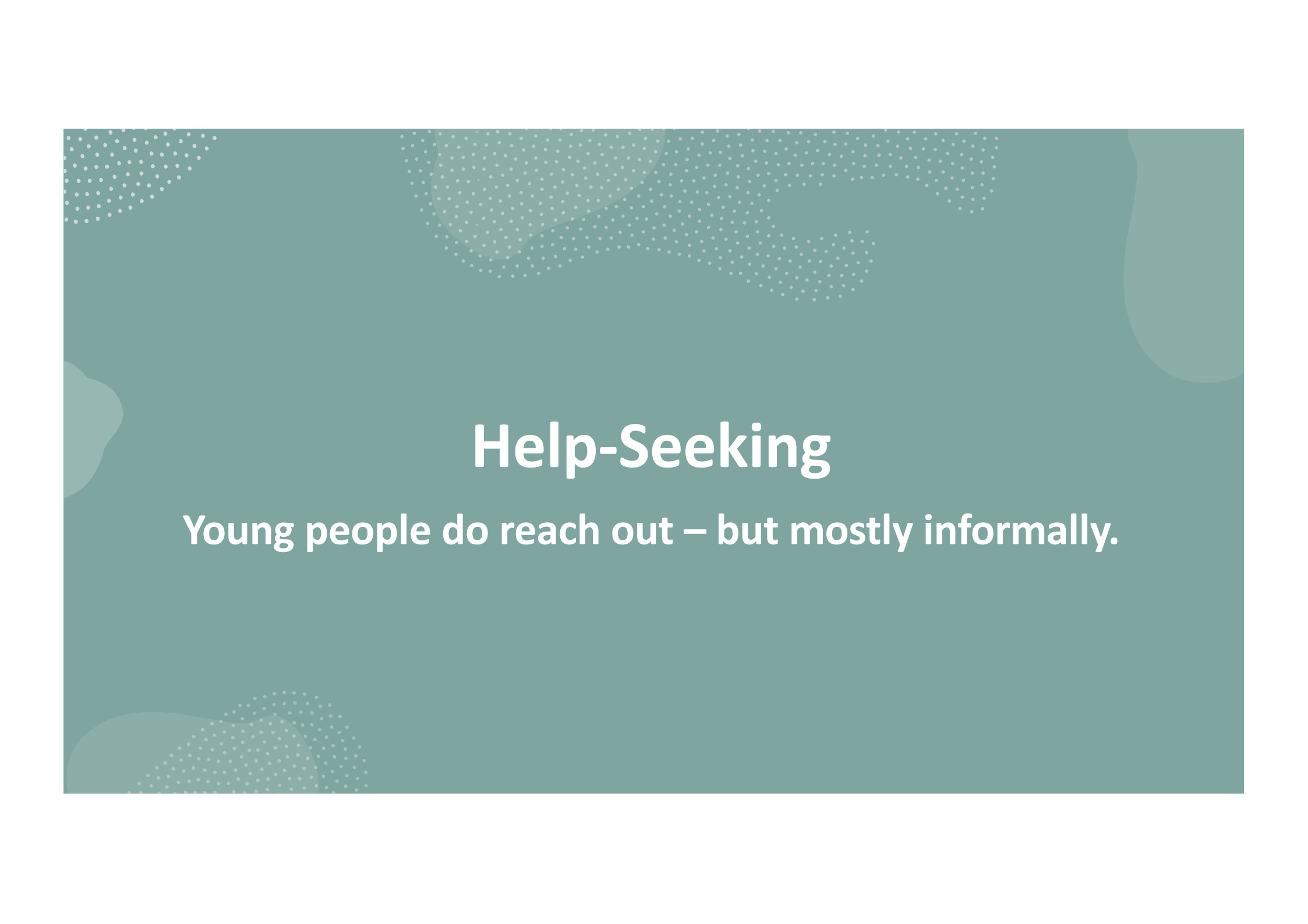
Optimistic Pessimistic



Relationships Matter

Family and friends remain
key protective factors.





Help-Seeking

Young people do reach out – but mostly informally.

Still Alone

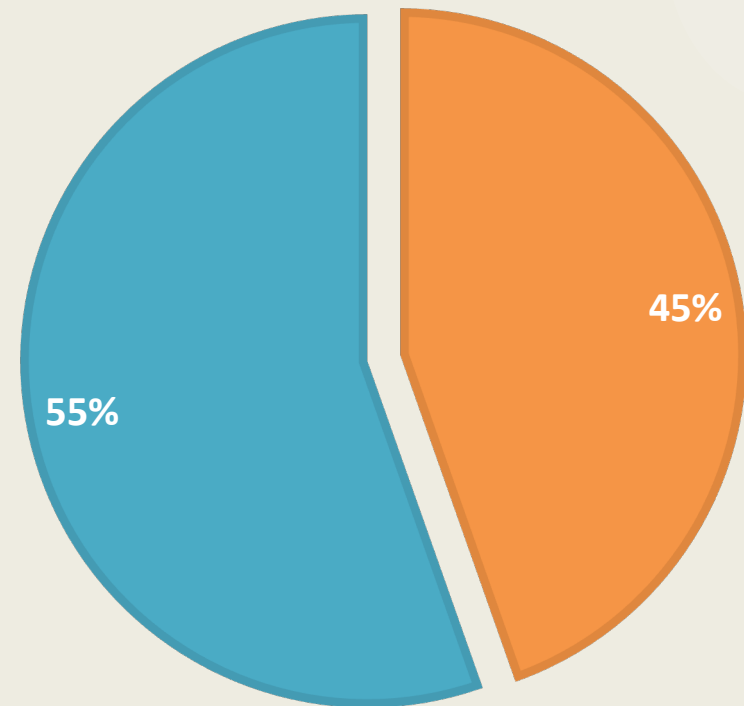
Around 1 in 4 still deal
with problems alone.

The Critical Finding

Uncertainty around support pathways remains significant.

HAVE YOU EVER PERSONALLY EXPERIENCED ANY ISSUES THAT YOU WERE HAVING SERIOUS TROUBLE WITH, BUT DIDN'T KNOW WHO TO TURN TO?

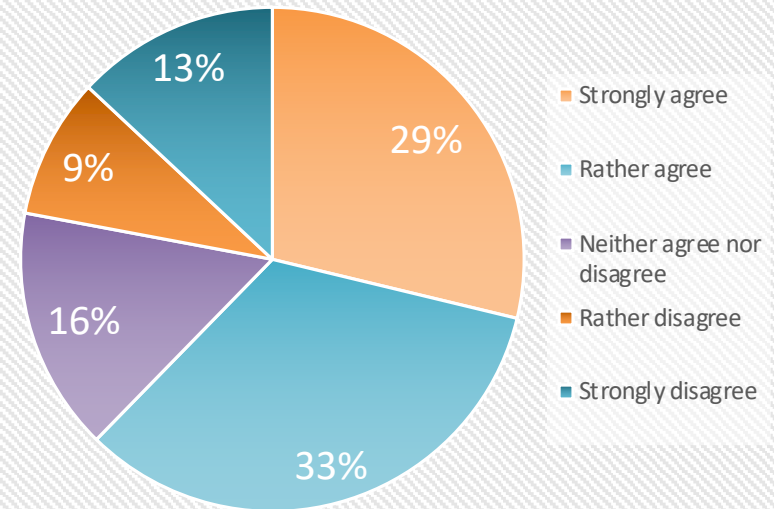
Yes No



Systems & Environment

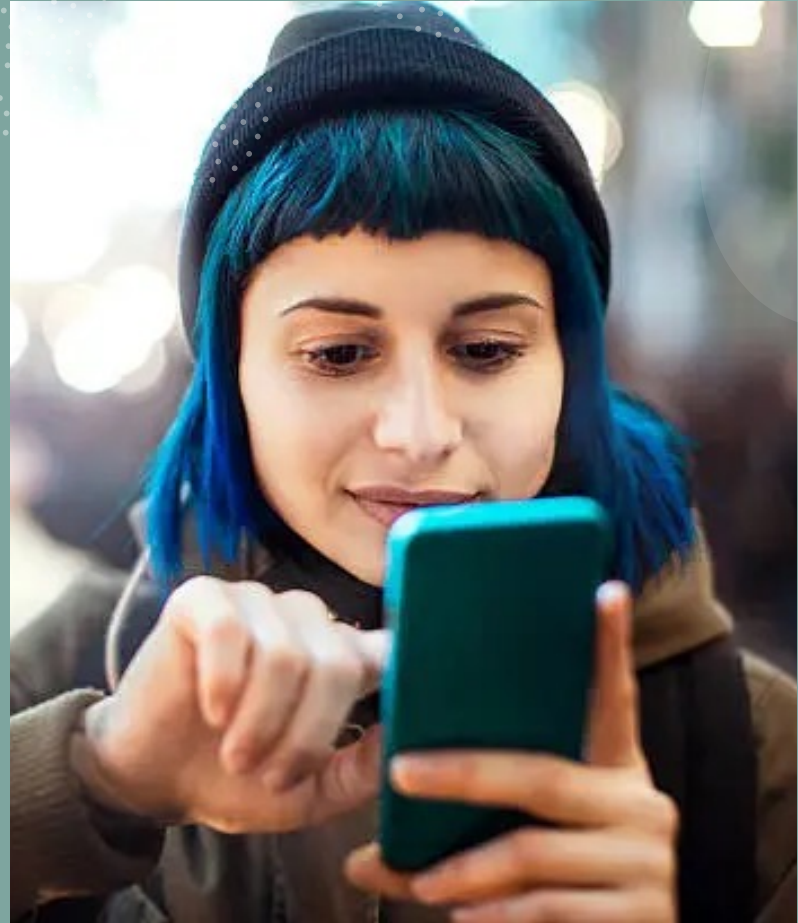
Schools, workplaces, and digital spaces shape wellbeing.

There is at least one teacher who I feel I would be comfortable to speak to if I needed any help on aspects other than academics



Social Media

Filling gaps – but not
resolving distress



Three Messages

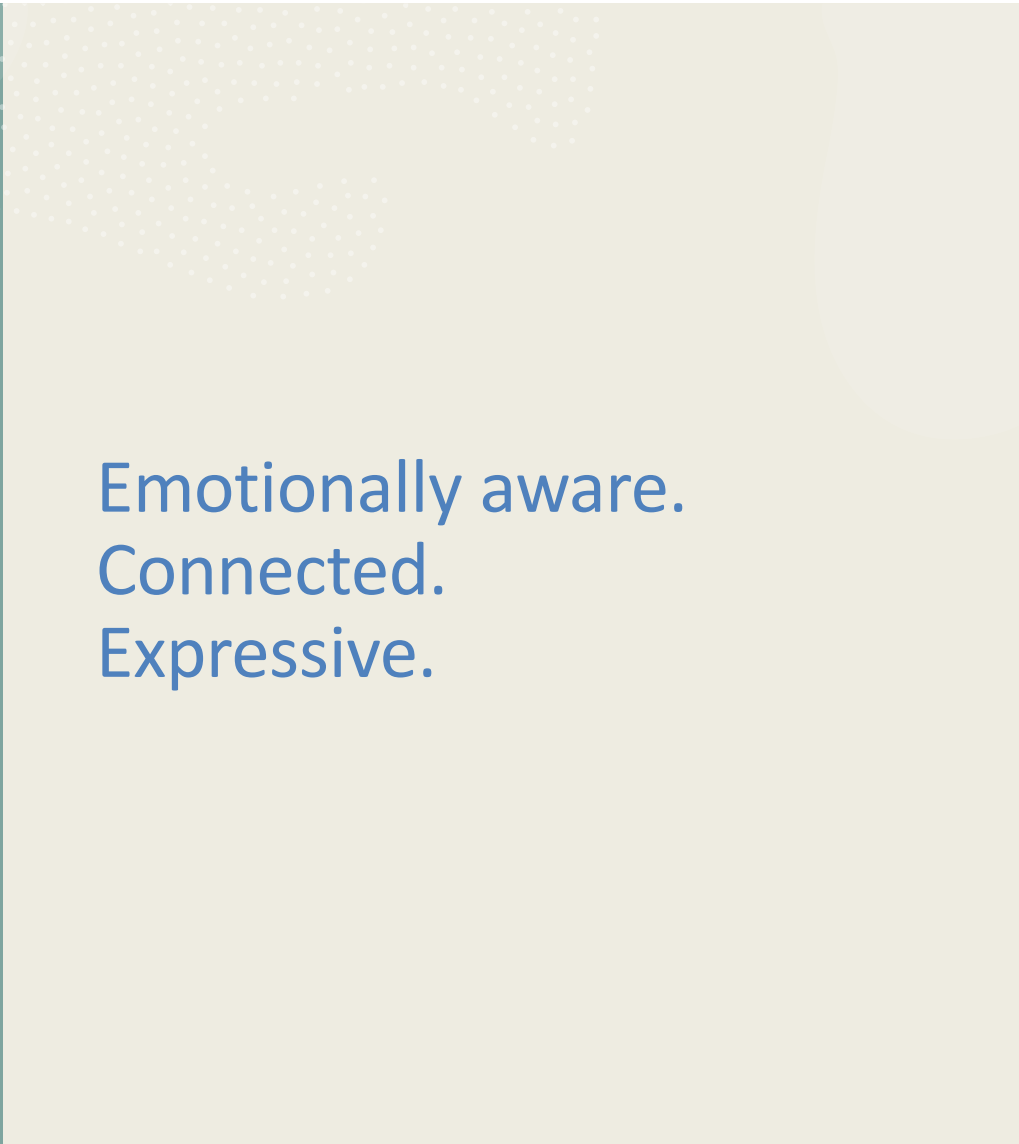
- Distress
- Support
- Navigation gaps

What are young
people trying to
tell us?

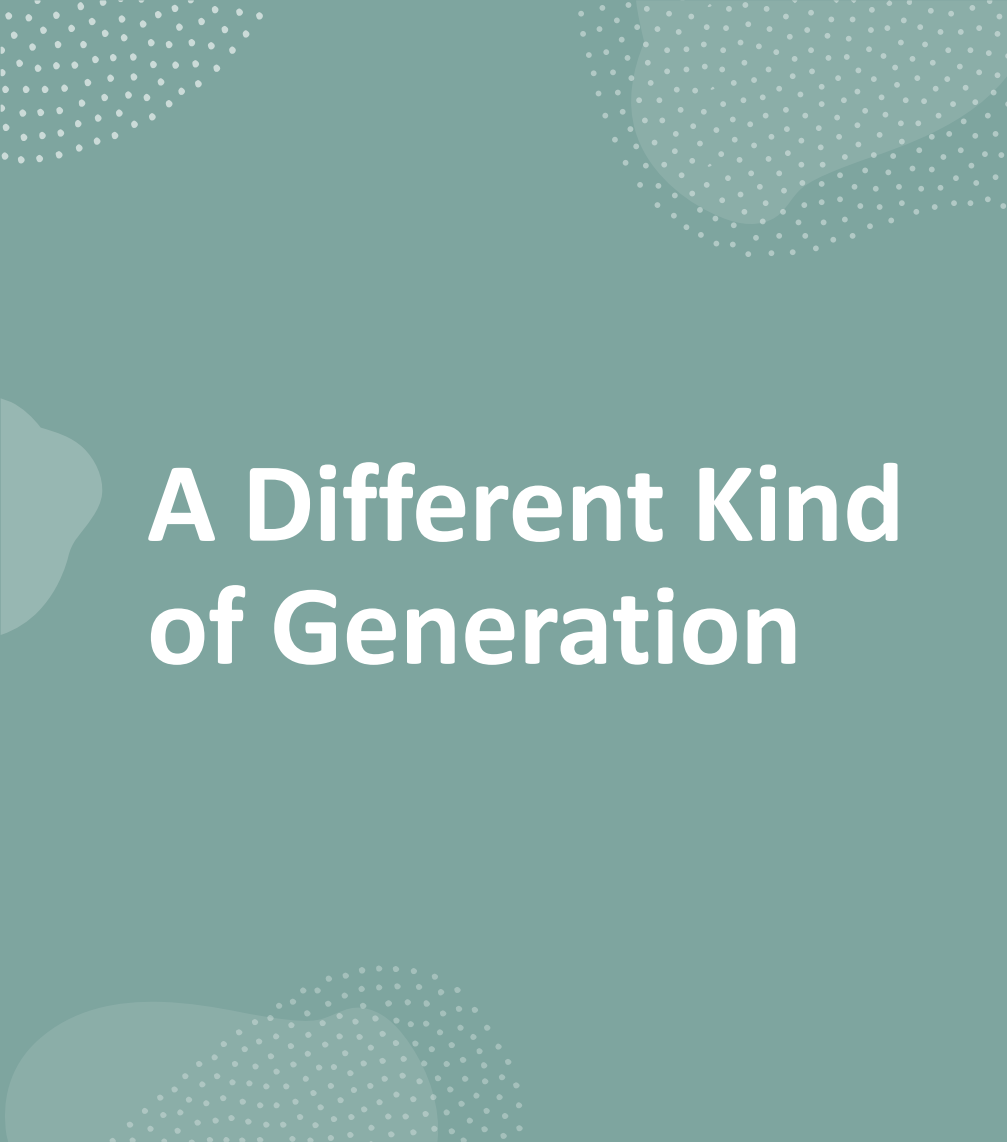




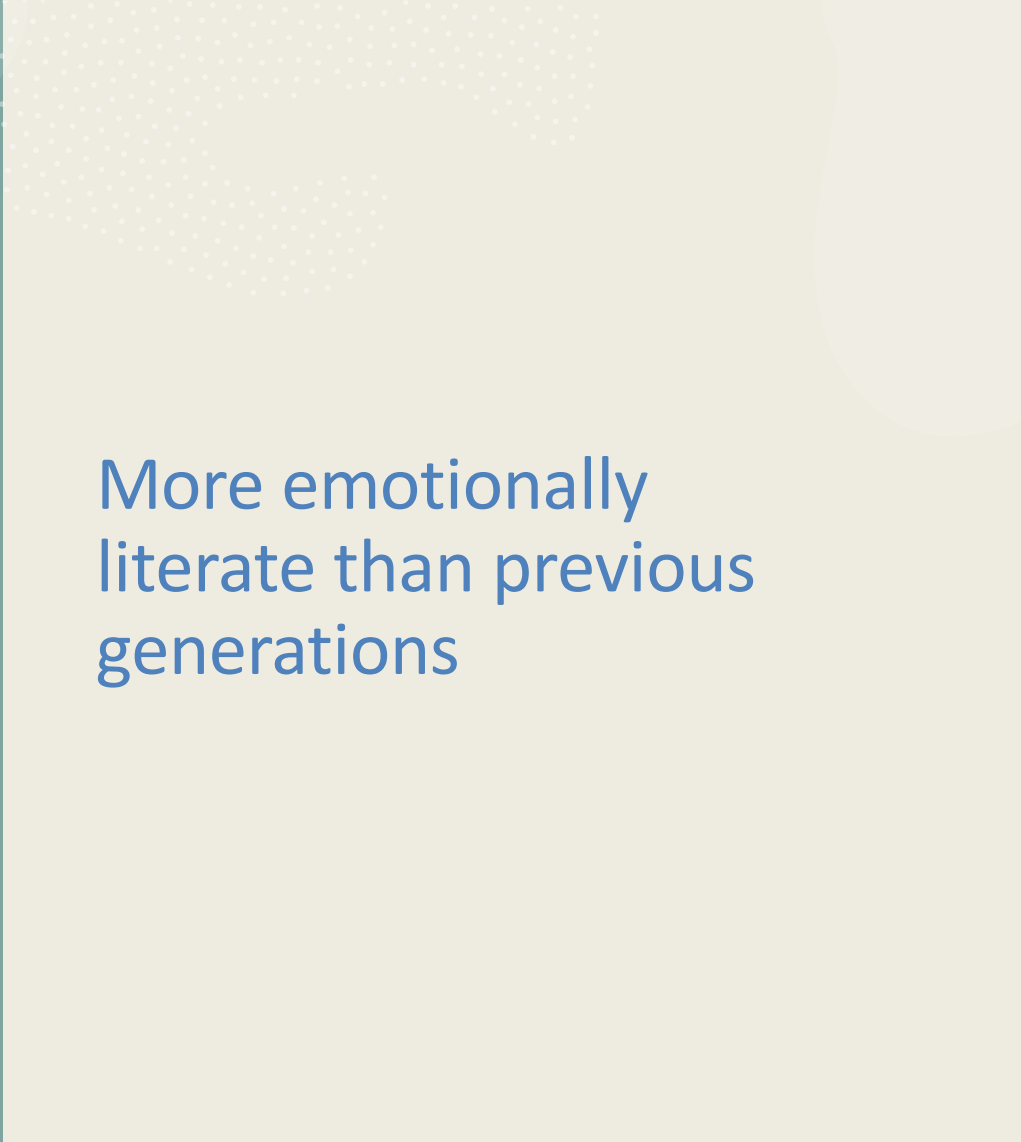
Not a Broken Generation



Emotionally aware.
Connected.
Expressive.



A Different Kind of Generation



More emotionally
literate than previous
generations

The 'Snowflake Generation'?

Fragility – or visibility?





A System Design Issue

Support may exist in theory but feels inaccessible in practice.

The Core Challenge

Systems for professionals
– or systems for young
people?

The Central Insight

The issue is whether
support is reachable

What Needs to Change?

Listening carefully changes the recommendations.

Make Pathways Visible

Build “pathway literacy” as a flagship youth product



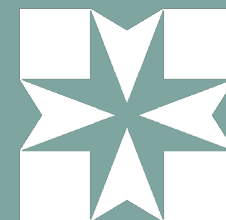
Start Earlier

Transitions and adolescence are vulnerable periods



Equip First Responders

Parents
Teachers
Friends



MENTAL HEALTH
FIRST AID
MALTA

Rethink Services

Support must feel safe, understandable, and human



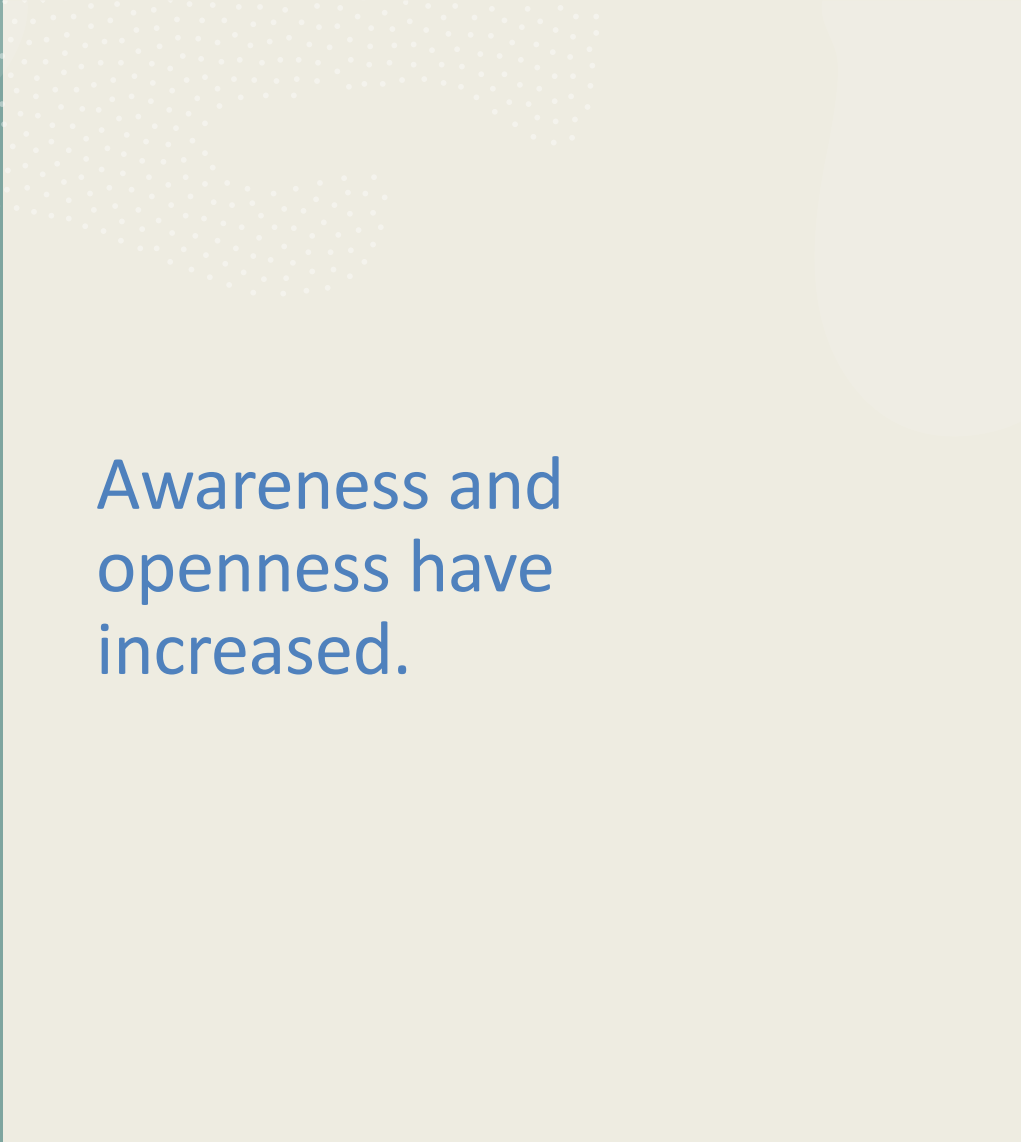
Bridge Online & Offline

Digital spaces should be entry points – not destinations





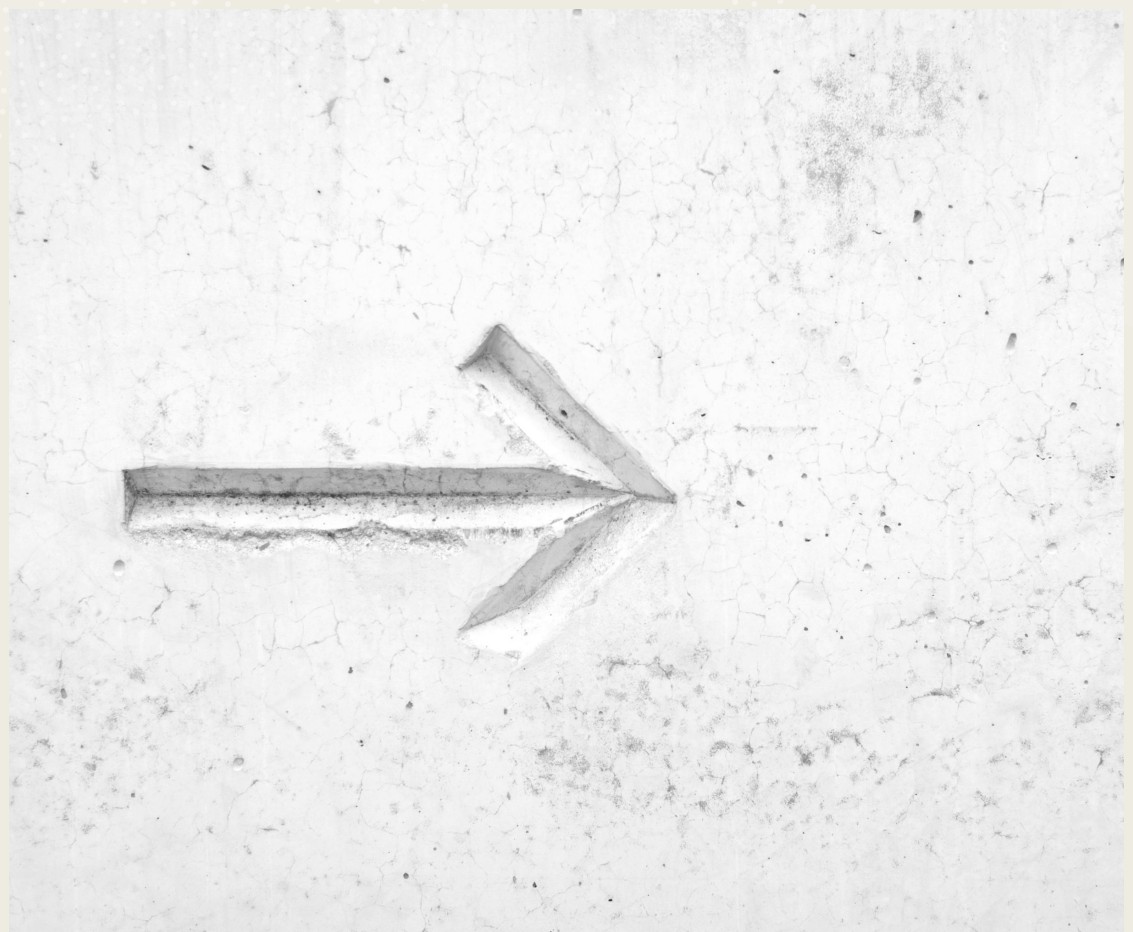
**Progress Has
Been Made**

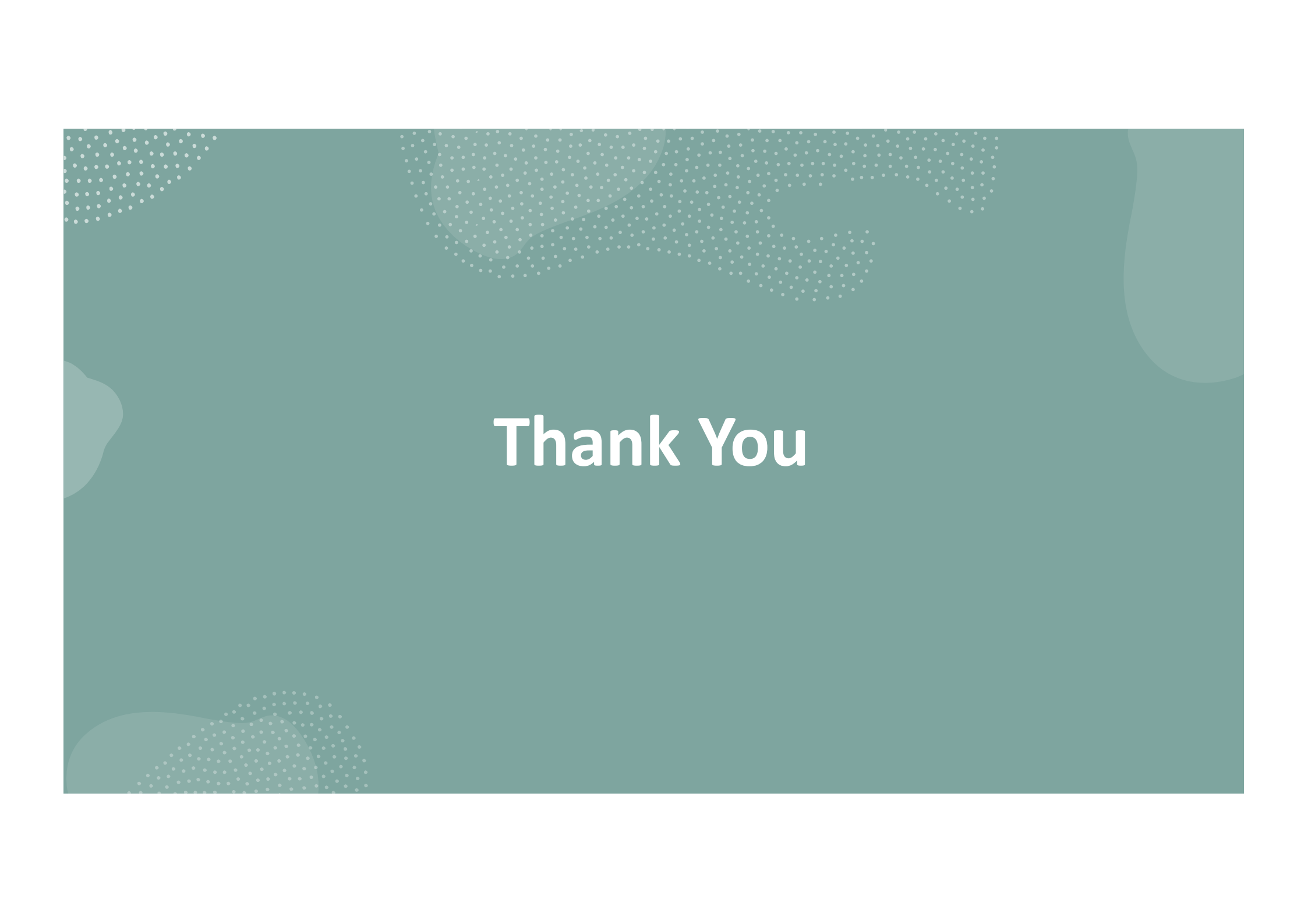


Awareness and
openness have
increased.

The Real Question

Will support feel
clear – or
overwhelming?



The background is a solid teal color. It features several decorative elements: a pattern of small white dots in the top-left and top-right corners, and several large, soft, organic white shapes that resemble clouds or water droplets scattered across the upper and lower portions of the slide.

Thank You