



KBS: 42/2025

## **HONOURABLE MINISTER OF YOUTH AND SPORTS DELIVERS THE OPENING KEYNOTE *ROUNDTABLE DISCUSSION:* *ASEAN YOUTH MENTAL HEALTH 2025***

**29 JUNE 2025**

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1. The Honourable Minister of Youth and Sports, YB Hannah Yeoh, delivered the opening keynote address at the Roundtable Discussion on ASEAN Youth Mental Health 2025, held today at the Shangri-La Tanjung Aru in Kota Kinabalu, Sabah.
2. Organised by the Ministry of Youth and Sports (KBS) through its agency, the Institute for Youth Research Malaysia (IYRES), this roundtable was conducted in collaboration with the United Nations Children's Fund (UNICEF) and the Communication for Development Center (C4D) at Universiti Putra Malaysia (UPM).
3. The event convened youth leaders, mental health professionals, practitioners, policymakers, government officials, and civil society representatives from ASEAN Member States and Timor-Leste. Together, these stakeholders played a pivotal role in advancing the regional mental health agenda for young people.
4. Held under the theme "ASEAN Youth Voice: Empowering Minds, Ensuring Well-being," the roundtable aimed to:
  - Identify key cultural, social, and economic challenges impacting youth mental health awareness and accessibility in the region;
  - Promote regional cooperation through the exchange of best practices, policies, and programmes;
  - Foster advocacy by mobilising governments, NGOs, and youth leaders to build inclusive and sustainable initiatives; and
  - Empower youth through leadership training and mental health advocacy.

5. The roundtable featured three thematic sessions and one interactive dialogue, culminating in the presentation of a jointly adopted resolution. The sessions included:
  - ASEAN Mental Health Blueprint: Resilient Youth, Thriving Communities This session emphasised the importance of mainstreaming mental health in youth development strategies. It called for robust government leadership and cross-sector collaboration to drive inclusive policies, culturally responsive programmes, and accessible support systems.
  - Open Minds, Open Doors: Expanding Mental Well-being Access for a Resilient ASEAN focusing on awareness and accessibility, this session highlighted the role of early intervention and destigmatising help-seeking behaviours, while encouraging youth to make empowered decisions for their mental well-being.
  - Tech for Minds: Pathways to Innovation, Equity and Empowerment This session explored how technology can bridge emotional and psychosocial support gaps through inclusive, youth-friendly digital solutions, emphasising innovation and equitable access.
6. The event concluded with the endorsement of a resolution aimed at strengthening action on youth mental health and well-being across ASEAN and Timor-Leste, marking a significant step toward a more inclusive and sustainable region.
7. For media inquiries or further information, please contact IYRES at +603-8871 3590 or email: [ukk@kbs.gov.my](mailto:ukk@kbs.gov.my).

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