

# The State of Mental Health of Young People

Results of the online survey «The State of Mental Health of Young People in Switzerland and Liechtenstein»

## Launch Event

On 23 November 2021, the comprehensive results of a recent online survey on the mental well-being of 14 to 19-year-olds in Switzerland and Liechtenstein will be published. At a panel discussion, we will explore the question of whether we have set the right course in society as a whole to support children and young people.

### Program

13.00 - 13.05	<b>Welcome</b>	<b>Gary Shaughnessy (e)</b> Chair of the Z Zurich Foundation
13.05 - 13.10	<b>Set the Scene</b> How are our children and young people doing, psychologically speaking?	<b>Bettina Junker (g)</b> Director, UNICEF Switzerland and Liechtenstein
13.10 - 13.20	<b>ZETA Movement</b> What is on your mind? Talking about mental health as the first step to recovery	<b>Ronja Schmid and Ricarda Eijer,</b> Zeta Movement <b>Ambassadors</b>
13.20 - 14.05	<b>Podium discussion</b>	Moderator <b>Dr. Carin Gantenbein</b>
	<b>Mental health in young adults</b> Interpreting the results of the online survey	<b>Joan-Carles Suris</b> Associated Professor, MD, MPH, PhD. Center for Primary Care and Public Health (Unisanté) & Lausanne (f)
	<b>Generation Z</b> Views, dreams, problems and life- styles of young people in Switzerland: mental health is an issue that concerns us all.	<b>Yaël Meier</b> Co-Founder of <a href="#">ZEAM</a> (g)
	<b>Mental health in the corporate sector</b> The private sector can and should take on an active role in bolstering the mental health of young people.	<b>Juan Beer</b> CEO Zurich Schweiz (g)
	<b>Tangible health promotion measures</b> Ways of supporting mental health in the lives of children and young people	<b>Anja Nowacki</b> Project Manager for Mental Health in Children and Young People at Ge- sundheitsförderung Schweiz (g)
	<b>Preventive health care</b> Effective, long-lasting and economical – but rarely implemented	<b>Daniel Frey</b> Director of Child and Adolescent Health at Public Health Schweiz (g)

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14.05 – Q & A  
14.25

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14.25 – Conclusion and farewell  
14.30

**Gary Shaughnessy**  
Chair of the Z Zurich Foundation (e)

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## About the Speakers

### **Gary Shaughnessy** *Chair of the Z Zurich Foundation*

Gary joined the Board of Trustees of the Z Zurich Foundation in 2016 and was appointed Chair in 2017. The Z Zurich Foundation works alongside Zurich Insurance Group employees and other stakeholders to help create a brighter future for vulnerable people.

Gary's professional career saw him work for the Automobile Association and the Bank of Scotland before joining AXA as UK director of marketing and brand, including sponsorship of the FA Cup. He then spent nine years with M&G Investments & Prudential Group before joining Fidelity International with responsibility for retail and defined contribution pension businesses in the UK. In 2012, he joined Zurich Insurance Group, ultimately being promoted to the Group Executive Committee as CEO for the Europe, Middle East and Africa region. Gary has also held senior industry roles, including chairing the ABI's protection committee and being a member of an EU expert group making recommendations on digital transformation in 2018.

In 2019, when he stepped back from full-time commercial life, Gary became Senior Advisor to Zurich Insurance Group and also took on the role of Chair at Parkinson's UK, having already been a board member of the charity since 2018. In addition, the England Athletics Board has appointed Gary as new Chair, with effect from 1 September 2021.

### **Bettina Junker** *CEO of UNICEF Switzerland and Liechtenstein*

Bettina Junker took on management of the Committee for UNICEF Switzerland and Liechtenstein in early 2019. Prior to this, she spent five years as a member of the Executive Board and headed the Marketing, Communication and Fundraising division for the Swiss Cancer League and Cancer Research of Switzerland. During her 17 years in the finance industry in various managerial positions in corporate communications, marketing and branding, she also oversaw multinational communications platforms and initiatives for Credit Suisse worldwide.

Bettina Junker is a member of the University of Lucerne's Advisory Board. She studied in Zurich and California, has a master's degree in German studies, journalism, and French literature from the University of Zurich and a degree from the Dolmetscherschule Zürich (now the Institute of Translation and Interpreting). She began her career as a qualified English, French and Portuguese translator for several companies. Ms. Junker is married and has two daughters. The family lives in Zurich.

### **Ronja Schmid and Ricarda Eijer** *ZETA Movement Ambassadors*

ZETA Movement is a project by young people for young people that aims to break the cycle of stigma and silence related to mental health issues in Switzerland. The project does this by raising awareness about mental health issues among young people and through the telling of their own life stories.

Its core idea is to create a movement in which "ambassadors" – young people in advanced stages of recovery – can share their personal experiences with mental health topics in an honest way.

### **Joan-Carles Suris** *Associate Professor, MD, MPH, PhD. Center for Primary Care and Public Health (Unisanté) & Lausanne, Children's Hospital (HEL-CHUV), University of Lausanne*

Head of the Research Group on Adolescent Health at the Department of Epidemiology and Health Systems of Unisanté and associated physician at the Department of Pediatrics. His main research interests are the psychosocial aspects of chronically ill adolescents, exploratory behaviors in adolescence and the relationship between adolescents and their parents.

### **Yaël Meier** *[ZEAM](#) Co-Founder*

Yaël Meier is a co-founder of ZEAM. As a young voice in business and media, she recognizes the potential involving Gen Z. She writes, posts and hosts podcasts on the views, dreams, problems and lives of young people in Switzerland. The young actress and journalist sets and observes trends in popular culture and youth culture. Ms. Meier was named a Forbes 30 under 30 and LinkedIn Top Voice in 2020.

### **Juan Beer** *Chief Executive Officer Zurich Switzerland*

Juan Beer has been CEO of Zurich Switzerland since February 2018. He joined the Zurich Insurance Group in 1987 as an apprentice and since then has held various local and global positions in Underwriting, Sales and Relationship Management, and Head of Market Segment and Customer Segment. He was also CEO of Global Corporate in Switzerland, Head of International Program Business in Spain, Global Chief Underwriting Officer for Global Corporate, Global Chief Underwriting Officer for the Property, Engineering Lines and Marine portfolio, and Global Head of the Property & Casualty Technical Center. In his most recent position as

Global Director for Group Reinsurance, he successfully reorganized and implemented Group reinsurance strategies to bring sustainability to Zurich's strong capital base and earnings.

Juan Beer holds a Commercial and Insurance Diploma from Zurich Business School and completed an Advanced Management Program at IESE Business School in 2013.

**Anja Nowacki Lic. Phil. Päd. and Päd. Psych** *Project Manager for Mental Health in Children and Young People at Gesundheitsförderung Schweiz*

Anja Nowacki has worked in preventive health care for children and young people for over 20 years. She has a wealth of experience in grassroots community work, primarily with schools, parents, sports clubs and vocational trainers. She led a community prevention office for 13 years and was Division Head for Preventive Health Care at Stiftung Berner Gesundheit for eight years. Ms. Nowacki has also assisted and advised communities in her work for Radix. In 2020, she became Project Manager for Mental Health in Children and Young People at Gesundheitsförderung Schweiz.

**Dr. Daniel Frey, Director of Child and Adolescent Health at Public Health Schweiz**

Dr. Daniel Frey is former director of School Health Services for the City of Zürich, where he oversaw the School Psychological Services, Addiction Prevention, School Medical Services and School Dental Services divisions.

Dr. Frey is a pediatrician and is an Assistant Physician and Clinical Consultant for the pediatric hospitals in Zurich and Winterthur. He developed an umbrella strategy for health promotion and prevention in schools for the City of Zürich. Dr. Frey served on the Board of Directors for UNICEF Schweiz and Liechtenstein for many years – including several years as President. He is currently on the Board of Directors at Public Health Schweiz. He was instrumental in drafting the [Manifesto to Promote Children and Young People's Mental Health](#) that prompted 12 parliamentary initiatives.

**Dr Carin Gantenbein, Head of Network Management, International Programs, Commercial Insurance, Zurich Insurance Group**

Dr Carin Gantenbein is Head of Network Management for Commercial Insurance since January 2020, where she is responsible for the global service delivery for the customer segment International Programs (IPZ) across over 215 countries and territories via Zurich's own entities as well as a network of partner companies where Zurich has no own offices.

Carin joined Zurich in 2012 as Strategic Assistant to the Group Chief Risk Officer. She held various senior management positions at country and global level within Zurich, including Head of Strategic Implementation, Operational Risk for Group Risk Management, Head of Professional Indemnity, Switzerland for Underwriting, and Head of Business Development, Transformation, and Innovation for Commercial Insurance.

She holds a PhD in finance from the University of St. Gallen, Switzerland, and a master's degree in business administration, psychology and art history from Ludwig Maximilian University in Munich, Germany.

UNICEF, the United Nations Children's Fund, has over 75 years of experience in development cooperation and emergency aid. UNICEF is committed to ensuring that children survive and have a healthy childhood. Its central tasks include health, nutrition, education, water and hygiene, as well as the protection of children from abuse, exploitation, violence and HIV/AIDS. UNICEF is financed exclusively by voluntary contributions. [unicef.ch](http://unicef.ch)

