

Building a Brighter Future: Promoting, Protecting and Improving Young People's Mental Health in Europe



Wednesday 28th March 2018

Thon Hotel Brussels City Centre,
Brussels



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Overview

In their transition to adulthood, young people aged between 15-24, are faced with decisions of paramount importance regarding career and education whilst navigating through shifting social relationships with family and peers. The inability to cope with the changing environment, as well as the restraining social standards promoted by the social media can cause a great struggle in a young person's mind. Unless properly addressed they can turn into various disorders which can impede upon an individual's quality of life and can place a collective burden on the economy.

Mental disorders such as anxiety, depression, eating disorders etc. are reported by the World Health Organisation to have occurred for at least 27% of the young adult population in 2016. According to WHO, half of all mental health illnesses begin by the age of 14 and three quarters by mid-20s. Mental health problems, and particularly depression, are considered the largest cause of the burden of disease among young people.

To tackle these challenges, significant efforts have been made by the European Union together with WHO by introducing the European Mental Health Action Plan 2013 – 2020, containing four core objectives to promote mental health worldwide, including the provision of accessible and affordable mental health services. Ministers from the EU subsequently agreed on a Joint Action Plan on Mental Health, whilst the European Commission (EC) established the EU Compass for Action on Mental Health and Wellbeing as a platform to collect, analyse, and exchange information across Europe.

Despite the positive efforts, significant challenges remain. Across the EU, only a minority of young people with mental disorders can fully benefit from adequate treatments. The gap between available solutions and lack of implementation could be reduced through more accurate and timely identification methods and subsequent referral for treatment. Moreover, although the number and quality of the support services offered has considerably increased and improved, the overall share of young people opting to seek help from these channels is struggling to meet the existing offer, mainly because of the fear of shame and stigmatisation, highlighting the need for new methods that could more effectively reach out to young people.

Venue and Accommodation

Thon Hotel Brussels City Centre
Avenue du Boulevard 17
1210 Brussels
Belgium



Why Attend?

- ✓ Discuss ways to invest in early prevention and identification
- ✓ Explore innovative approaches to support young people's mental health wellbeing in the workplace
- ✓ Explore ways to raise the awareness of youth mental health in the society
- ✓ Share best practices of successful initiatives that increase the capacity of health systems to act more effectively
- ✓ Determine how to improve the accessibility of existing support services
- ✓ Build strong partnerships between relevant stakeholders in the public and private sector
- ✓ Find ways to overcome job-related stress and provide adequate motivational support in the workplace
- ✓ Delve into the potential of specific teaching methods that empower the individuals to have a better control upon their life and education
- ✓ Address the issue of cyber-bullying and find relevant solutions to tackle it

Who Should Attend?

- Mental Health Practitioners
- Ministries of Health
- Occupational Health Professionals
- General Practitioners
- Local, Regional and National Health Services
- Health Treatment/Advisory Services
- NGOs
- Counselling Services
- Psychologists
- Employment Agencies
- Training Managers
- Psychosocial Research Centres
- Stress Related Organisations
- Mental Health Commissions
- Mental Health Centres
- Equal Opportunities Officers
- Equality, Diversity and Human Rights Practitioners
- Disability Practitioners
- Employee Relations Advisers
- Legal Advisers
- Campaigning Organisations
- Regulatory Bodies
- School Nurses and Health Visitors
- Directors of Children's Services
- Families Services Officers
- Schools and Children's Trusts
- Early Years Practitioners
- General Practitioners
- Psychotherapists
- Local Authorities and Councilors
- Central Government Departments and Agencies
- Third Sector Representatives
- Academics and Researchers

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Programme

- 09:15** Registration and Morning Refreshments
- 10:00** Chair's Welcome and Opening Remarks
- 10:10** **The European Strategy on Mental Health: Understanding the Current Framework**
- Discussing the WHO European Mental Health Action Plan 2013 -2020
 - Collecting, Analysing and Exchanging Information Across Europe: The EU Compass for Action on Mental Health and Wellbeing
 - Assessing the EU Health Policy Platform and Current Data Trends across Europe
- 10:40** **First Round of Discussions**
- 11:10** Morning Coffee Break
- 11:30** **Promoting a Cross-Sectoral Approach, Early Prevention, Detection, and Treatment of Mental Health**
- Bringing Together Teachers and Parents in Providing Support For a Harmonious Development
 - Providing Accessible, Competent, and Affordable Mental Health Services
 - Measuring the Impact of Successful Treatment: The Challenge to Provide Clear Data about the Success of Psychological Intervention
 - Strengthening Cooperation between Mental Health Service Providers
- 12:00** **Second Round of Discussions**
- 12:30** Networking Lunch
- 13:30** **The Role of Technology and Social Media: Potential Risks and Solutions**
- Combating the Growing Threat of Cyber-bullying through Education, Awareness and Support
 - Highlighting the Potential of e-Mental health: Developing Collaborative Digital Solutions Targeting and Involving Young People
 - Exploring the Role of Psychological Guidance as a Way of Providing Sustainable Solutions to Youth Mental Well-Being
- 14:00** **Third Round of Discussions**
- 14:30** Afternoon Coffee Break
- 14:50** **Improving Workplace Conditions for Young People**
- Supporting Adolescents and Young People through Moments of Career Choice
 - Supporting People with Mental Health Problems in the Workplace: The Employment Equality Directive
 - Exploring Efficient Incentives to Reduce Work-Related Stress By Promoting a Positive Psychological Workplace Well-Being
 - Innovative Solutions And Projects: Learning from Successful Interventions
- 15:20** **Fourth Round of Discussions**
- 15:50** Chair's Summary and Closing Comments
- 16:00** Networking Reception
- 16:30** Close

Please note that the programme is subject to change without notice

Event Details

- Date:** Wednesday 28th March 2018
Time: 10:00am – 4:30pm
Venue: Thon Hotel Brussels City Centre, Brussels



Speakers Include:

Sona Nevsimalova, Professor of Neurology, Charles University Prague

Forthcoming Events

Enhancing Consumer Protection in the EU: Preserving Consumers' Rights in the Digital Society
6th March 2018

Implementing the Unitary Patent Protection and the Unified Patent Court: Current Situation and Future Challenges
8th March 2018

The Future of Occupational Safety and Health in Europe: Strengthening Social Europe through Healthier Workplaces for Safer Workers
15th March 2018

Updating the European Strategy on High Performance Computing: Developing Supercomputers and Quantum Computers in the EU
26th April 2018


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