

MAY 2019



European Public Health Week Youth Mental Health - 17th May



CELEBRATING HEALTHY POPULATIONS

13-17 MAY 2019

Join the first ever
European Public Health WEEK!



DIGITAL MENTAL SOCIAL HEALTH MEDIA - 10AM

Webinar

[Sign up here](#)

On EUPHAs youth mental health day this Friday, 10am (GMT) for a webinar discussing technology and its impact on young people and their mental health across Europe. Covering both social media aspects and digital support that are currently available in young people's lives. We will be joined by a variety of experts from various fields, hosted by our Co-Director Nick Morgan. Joining us we have:

Dr Julian Edbrooke-Childs – Head of Digital and Evaluation at Anna Freud National Centre for Children and Families (UK)

Monika – EYMH Advocate - Mobility Champion, youth worker & graduate from faculty of dentistry (Macedonia)

Floro - EYMH Advocate - Registered Nurse in Finland with experience taking good care of young people with mental illnesses (Finland)

Possibly 1 more to be confirmed

Last 30 minutes there will be some time for questions from the audience. To join webinar please sign up here

Thanks in advance Nick & Irina

Co- Directors
Euro Youth Mental Health

[Sign up here](#)

Tags for the day:

@EUPHActs @Euroyouthmh
#mymental #euhpw

DAY 5 CAMPAIGN - #MYMENTAL

*On Friday we want to encourage young people across Europe (especially young) to share on Twitter, Instagram and Facebook, what you do to look after your mental health with hashtag **#mymental** - can use text, pictures or both.*

Aim of this short day campaign is to share what we do to look after our own mental health across the continent, because everyone struggles sometimes, we share more than you think.

For example, Co-Director Nick will probably post a picture of him running, as that's how he manages his anxiety.

If using social media on Friday please also use the below tags to ensure full coverage for us and the European Public Health Associations first ever week of events.

*Look forward to seeing your posts, happy **#mymental** day.*