# Webinar: Bridging Social Media and Mental Health Support for Youth

Webinar *"Bridging Social Media and Mental Health Support for Youth"* bavi se aspektima kako praktičari mogu učinkovitije i uspješnije raditi s mladima, kako mogu koristiti društvene medije za promicanje ranog prepoznavanja i koje resurse mogu koristiti za proširenje psihološkog obrazovanja u svakodnevnom životu mladih.

| Ciljana skupina | Tema | Vrsta dobre prakse | Zemlja |
|---|---|---|---|
| • Terapeuti<br>• Savjetovatelji<br>• Zdravstveni djelatnici | • Općenito | • Webinar | • Kanada |

## Opis

The integrated training project website Working with Children and Youth with Complex Mental Health Needs offers a series of webinars with the main goal to help direct service providers of children and youth with complex mental health needs, enhance their skills in core service areas, including: Targeted Prevention, Brief Services, Family/Caregiver Skills Building and Support, and supporting the capacity to practice within a health equity lens.

The 78 minute Webinar "Bridging Social Media and Mental Health Support for Youth" deals with aspects how practitioners can you work more effectively and efficiently with youth:

How do we use social media to promote early identification of mental health problems, provide timely early intervention, and develop help-seeking skills in youth with complex needs? This webinar describes youth engagement through social media as a concrete model and set of best practices that can transfer to organizations and service-teams in youth mental health. Areas of focus include particular methods of employing social media to reduce stigma, normalize conversations about mental health, and increase youths' capacity to navigate the system and advocate for themselves. Presenters share principles and resources for practitioners to use in their work with youth, including web- and mobile-based interactive psycho-education and system-navigation tools.

A discussion of the development of multi-sectoral social media policies is included**.**




## Jezik originala

English

## Zemlja

Canada

## Poveznica

http://www.complexneeds.ca/webinars/webinar-4-bridging-social-media-and-mental-health-support-for-youth/

access date: 11/07/2017)

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WIN. *Webinar: Bridging Social Media and Mental Health Support for Youth.* Skinuto sa Sunday November 22, 2026 od https://ecounselling4youth.gunet.gr/online-material/courses/TGP644/

Co-funded by the Erasmus+ Programme of the European Union

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

https://www.ecounselling4youth.eu/project/