



Pathways to Lifelong Mental Wellbeing - Oct 18-21

We are very excited here in Uppsala as we put the last details on next week's summit. We have several new high-level speakers in our plenary track, which is free! Join us and learn from our global experts on the current thinking around mental health and well-being.

The plenary sessions will run between 14:00 and 16:30 (all times are CEST) on Monday the 18th of October; between 14:00 and 15:20 on Tuesday the 19th of October; between 14:00 and 14:55 on Wednesday the 20th of October. Finally on Thursday the 21st of October, the plenary will run between 14:00 and 16:30.

[Read more and register!](#)

Dr Ledia Lazeri from WHO and Benjamin Perks from UNICEF will open our summit

We are honored to announce that Dr Ledia Lazeri of WHO and Benjamin Perks of UNICEF will open our summit.

Dr Lazeri is Mental Health Advisor for the WHO Regional office in Europe. Mr Perks is the Head of Campaigns and Advocacy at the Department of Global Communications at UNICEF in New York. Dr Lazeri will help us see the global picture of mental health clearer and Mr Perks will present the recently released [State of the Worlds Children's Report](#) which this year focuses on young people and their mental health: *On My Mind: Promoting, protecting and caring for children's mental health.*



[Learn more](#)

Plenary Session 2 – Towards a new understanding of mental health and wellbeing

This session will feature three presentations by global experts Dr Christian Rück, Dr Vikram Patel and Dr Dixon Chibanda.

Dr Rück, Professor at the Karolinska Institutet in Sweden will discuss the moving boundaries for mental health diagnosis, Dr Patel, Professor at the Harvard T.H. Chan School of Public Health, will



talk about prevention in a global health perspective and Dr Chibanda, Professor at the London School of Hygiene and Tropical Medicine, will share experiences from developing the internationally acclaimed community-based initiative "[The Friendship Bench](#)".

[Learn more](#)

Plenary Session 3: Innovative strategies for closing the treatment gap

Our third session in plenary focuses on new thinking for making early interventions and treatment more effective and more readily available. This session has a particular focus on digital health care, including opportunities with Artificial Intelligence, but we will also hear about the power of animal-assisted interventions. We will hear presentations from four experts, starting with **Dr Andy Blackwell** from IESO Digital Health in the UK, **Dr Paul Farrand** from the University of Exeter in the UK, and further **Dr Gerhard Andersson** from Linköping University in Sweden. Finally we will hear from **Dr Andrea M. Beetz** of the IU International University of Applied Sciences in Germany.



[Learn more](#)



Plenary Session 4 – Social Media and Adolescent Mental Health

The impact of social media on the young people in our lives is something that many are concerned about. In our fourth plenary session will learn what the latest research says in terms of what to watch out for, but also on how social media and apps can help. We will hear from **Dr Nick Allen** from the University of Oregon in the US, **Dr Jacqueline Nesi**, Brown University, USA and **Dr Madeleine George** from RTI International.

[Learn more](#)

Plenary Session 5: Pathways to lifelong mental wellbeing

You may think it is an overly ambitious title for a session. But while we will not summarize all aspects of lifelong mental wellbeing in one short hour, we think that we have identified some of the most important keys: **Dr Christian Benedict** of Uppsala University, Sweden, will present on **the importance of sleep**, **Dr Catharine Ward Thompson** from the University of Edinburgh in the UK presents on **the important role of green, salutogenic environments**. Finally we are very proud that our final presentation will come from **Dr Steven Hayes** from the University of Nevada - Professor Hayes is the founder of the Acceptance and Commitment Therapy (ACT). Dr. Hayes will



lead us through a summary of ACT, which he also has expressed in a tweet @ StevenCHayes:

ACT in simple terms:

Be open, aware, & active

- 1. Open up to experience with self-kindness and without avoidance or clinging**
- 2. Notice thinking in flight**
- 3. Notice yourself noticing**
- 4. Attend in a flexible way**
- 5. Choose intrinsic values**
- 6. Build and broaden values-based habits**

[Learn more](#)



Meet our sponsor - CEVA Animal Health

We had a chance to sit down with **Lisa Pontopiddan, General Manager with CEVA Animal Health**, and learn more about the

connection between mental health and interactions with animals and One Health matters to CEVA.

[Learn more](#)



Meet our sponsor - Janssen Pharmaceutical Companies of Johnson & Johnson

We met **Eva Lund** who is **Public Affairs Manager with Janssen Pharmaceutical Companies**.

She shared details on Janssen's commitment to Mental Health.

[Learn more](#)

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