



## The Compendium of briefs from our recent summit is here!

Our recent summit on Pathways to Lifelong Mental Wellbeing resulted in a large collection of knowledge generated from our participants and speakers on different ways to support mental health through all stages of life.

Each of the summits eight workshops produced a policybrief summarizing the discussions that were held among their participants. You can read the compendium as a full report, or find a brief below that corresponds to your particular field of interest.

[Compendium of briefs](#)

### UPPSALA HEALTH SUMMIT POST-CONFERENCE BRIEF Pathways to Lifelong Mental Wellbeing October 2021

#### Hormones and Mood

**Background**  
Hormones of reproductive system significantly influence the well-being of women throughout their life cycle. Hormonal changes occur naturally during the menstrual cycle, pregnancy, and menopause. These changes can affect mood and mental health. This brief discusses the relevance of hormonal changes in relation to mental wellbeing.

**Approach**  
The brief was developed through a series of workshops and discussions with participants at the summit. It aims to provide a comprehensive overview of the current research and clinical practice in this field.

**Key findings**  
The brief highlights the importance of understanding the hormonal changes that occur during the menstrual cycle, pregnancy, and menopause. It also discusses the role of these changes in the development of mood disorders, such as perinatal depression and postmenopausal depression.

**Recommendations**  
The brief recommends that healthcare providers should be aware of the hormonal changes that occur during the menstrual cycle, pregnancy, and menopause. It also suggests that further research is needed to better understand the relationship between hormones and mood.

[Read brief](#)

### UPPSALA HEALTH SUMMIT POST-CONFERENCE BRIEF Pathways to Lifelong Mental Wellbeing October 2021

#### Addressing Peripartum Depression

**Background**  
Peripartum depression is a common mental health condition that affects women during pregnancy and the postpartum period. It is characterized by symptoms such as sadness, loss of interest, and changes in appetite. This brief focuses on what underlies the continued stigma associated with peripartum depression and what concrete actions that can be taken to fight it.

**Approach**  
The brief was developed through a series of workshops and discussions with participants at the summit. It aims to provide a comprehensive overview of the current research and clinical practice in this field.

**Key findings**  
The brief highlights the importance of understanding the underlying factors that contribute to peripartum depression, such as hormonal changes, social support, and personal history. It also discusses the role of these factors in the development of the condition.

**Recommendations**  
The brief recommends that healthcare providers should be aware of the underlying factors that contribute to peripartum depression. It also suggests that further research is needed to better understand the condition and its treatment.

[Read brief](#)

### UPPSALA HEALTH SUMMIT POST-CONFERENCE BRIEF Pathways to Lifelong Mental Wellbeing October 2021

#### Public Mental Health Promotion as an Integral Part of Clinical and Community Care Programmes

**Background**  
Public mental health promotion is a key component of clinical and community care programmes. It involves working with individuals and communities to improve their mental health and reduce the risk of mental health problems. This brief addresses the need for integrating public mental health into concrete public health measures.

**Approach**  
The brief was developed through a series of workshops and discussions with participants at the summit. It aims to provide a comprehensive overview of the current research and clinical practice in this field.

**Key findings**  
The brief highlights the importance of understanding the social and environmental factors that contribute to mental health problems. It also discusses the role of these factors in the development of the condition.

**Recommendations**  
The brief recommends that healthcare providers should be aware of the social and environmental factors that contribute to mental health problems. It also suggests that further research is needed to better understand the condition and its treatment.

[Read brief](#)

## Hormones and Mood

This brief discusses the relevance of hormonal changes, premenstrual dysphoric disorder, peripartum depression, and hormonal replacement therapy in relation to mental wellbeing.

## Addressing Peripartum Depression

This brief focuses on what underlies the continued stigma associated with peripartum depression and what concrete actions that can be taken to fight it.

## Public Mental Health Promotion as an Integral Part of Clinical and Community Care Programmes

This brief addresses the need for integrating public mental health into concrete public health measures.

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October 2021

**Implementation of the Swedish Method Physical Activity on Prescription**  
Lena Kjellgren, Anna-Lena Nyberg, Malin Eriksson, Lena Kjellgren

**Background**  
The Swedish Physical Activity on Prescription (PAP-S) is a method for prescribing physical activity to patients with mental health problems. It is based on the Swedish Public Health Agency's (PHAs) guidelines for physical activity. The aim of the study was to evaluate the implementation of PAP-S in primary care. The study was conducted in Sweden and Norway. The results show that PAP-S is a feasible and effective method for prescribing physical activity to patients with mental health problems. It is based on the Swedish Public Health Agency's (PHAs) guidelines for physical activity. The aim of the study was to evaluate the implementation of PAP-S in primary care. The study was conducted in Sweden and Norway. The results show that PAP-S is a feasible and effective method for prescribing physical activity to patients with mental health problems.

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October 2021

**Psychological Flexibility, Mental Health, COVID-19 and Beyond**  
Karin Broome, Lena Kjellgren, Malin Eriksson, Lena Kjellgren

**Background**  
The purpose of this paper is to explore the role of psychological flexibility in mental health, particularly in the context of COVID-19. Psychological flexibility is defined as the ability to be present in the current moment while also being able to shift one's perspective and behavior in response to changing circumstances. This paper discusses the importance of psychological flexibility in promoting mental health and resilience, particularly in the face of the COVID-19 pandemic. It also explores the implications of psychological flexibility for mental health professionals and the general public.

**Approach**  
This paper is a conceptual review of the literature on psychological flexibility and mental health. It draws on a range of research from psychology, neuroscience, and public health. The paper is structured as follows: Introduction, Psychological Flexibility, Mental Health, COVID-19 and Beyond, and Conclusion.

**Workshop - approach and summary from discussion**  
The workshop focused on the importance of psychological flexibility in mental health. It explored the role of psychological flexibility in promoting mental health and resilience, particularly in the face of the COVID-19 pandemic. The workshop also discussed the implications of psychological flexibility for mental health professionals and the general public.

UPSALA HEALTH SUMMIT POST-CONFERENCE BRIEF  
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October 2021

**Public Mental Health: Discussions on Semantic and Taxonomic Problems Regarding Mental Health and Illness, and the Application and Implications of New Techniques**  
Christine Åberg, Ansgar, Lena Kjellgren, Lena Kjellgren

**Background**  
The purpose of this paper is to explore the semantic and taxonomic problems surrounding mental health and illness. It discusses the challenges of defining mental health and illness, and the implications of these definitions for mental health professionals and the general public. The paper also explores the application and implications of new techniques for assessing and treating mental health and illness.

**Approach**  
This paper is a conceptual review of the literature on semantic and taxonomic problems in mental health. It draws on a range of research from philosophy, psychology, and public health. The paper is structured as follows: Introduction, Semantic and Taxonomic Problems, Application and Implications, and Conclusion.

**Workshop steps and discussion**  
The workshop focused on the semantic and taxonomic problems surrounding mental health and illness. It explored the challenges of defining mental health and illness, and the implications of these definitions for mental health professionals and the general public. The workshop also discussed the application and implications of new techniques for assessing and treating mental health and illness.

## Implementation of the Swedish Method Physical Activity on Prescription

This brief focuses on Physical Activity on Prescription (PAP-S), which has been declared as best practice by the WHO, and how to further implement this method in Sweden and other countries.

[Read brief](#)

## Psychological Flexibility, Mental Health, COVID-19 and Beyond

This brief examines several important questions on mental health during the Covid 19 pandemic, among them - what have we learned about mental health problems during the pandemic, and are there psychological resilience factors that we can build on?

[Read brief](#)

## Public Mental Health: Discussions on Semantic and Taxonomic Problems Regarding Mental Health and Illness, and the Application and Implications of New Techniques

This brief is the outcome of the discussions around the definitions of mental wellbeing, mental ill health and diagnosable psychiatric conditions and their implication for health care.

[Read brief](#)

UPSALA HEALTH SUMMIT POST-CONFERENCE BRIEF  
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October 2021

**How to Improve Access to Evidence-Based Psychological Interventions**  
Sören Eriksson, Lena Kjellgren, Lena Kjellgren, Lena Kjellgren

**Background**  
The purpose of this paper is to explore the barriers to access to evidence-based psychological interventions. It discusses the challenges of identifying, developing, and implementing evidence-based psychological interventions in primary care. The paper also explores the implications of these challenges for mental health professionals and the general public.

**Approach**  
This paper is a conceptual review of the literature on barriers to access to evidence-based psychological interventions. It draws on a range of research from psychology, neuroscience, and public health. The paper is structured as follows: Introduction, Barriers to Access, Implications, and Conclusion.

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**Animal-Assisted Interventions - How They Can Improve Wellbeing Among Children Facing Mental Health Difficulties at School**  
Lena Kjellgren, Lena Kjellgren, Lena Kjellgren, Lena Kjellgren

**Background**  
The purpose of this paper is to explore the role of animal-assisted interventions in improving the mental health of children. It discusses the benefits of animal-assisted interventions for children with mental health difficulties, and the implications of these benefits for mental health professionals and the general public.

**Approach**  
This paper is a conceptual review of the literature on animal-assisted interventions and children's mental health. It draws on a range of research from psychology, neuroscience, and public health. The paper is structured as follows: Introduction, Animal-Assisted Interventions, Children's Mental Health, and Conclusion.

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**Preventing Child Mental Health and Wellbeing Difficulties**  
Lena Kjellgren, Lena Kjellgren, Lena Kjellgren, Lena Kjellgren

**Background**  
The purpose of this paper is to explore the role of prevention in preventing child mental health and wellbeing difficulties. It discusses the importance of early identification and intervention for children with mental health difficulties, and the implications of these findings for mental health professionals and the general public.

**Approach**  
This paper is a conceptual review of the literature on prevention and child mental health. It draws on a range of research from psychology, neuroscience, and public health. The paper is structured as follows: Introduction, Prevention, Child Mental Health, and Conclusion.

## How to Improve Access to Evidence-Based Psychological Interventions

This brief discusses how to organize the delivery of psychology services to help increase access, including the potential for new workforce developments and how to capitalize on e-mental health interventions.

[Read brief](#)

## Animal-Assisted Interventions - How They Can Improve Wellbeing Among Children Facing Mental Health Difficulties at School

This brief discusses the opportunities and challenges with Animal-Assisted Interventions (AAI) for children of different ages who need extra support to return to school or to continue going to school.

[Read brief](#)

## Pathways to Lifelong Mental Health - Executive Summary

This brief provides an overview of the programme and provides an insight to the main takeaways.

[Read brief](#)

**View the plenary presentations**  
They are all on our website...Below are our two distinguished keynote speakers when they addressed the audience.



### **Ledia Lazeri**

Dr Lazeri is the Regional Adviser for Mental Health at the WHO Regional Office for Europe. Dr Lazeri set the scene by presenting on the

Mental Health Impacts of the Covid-19 pandemic in Europe.

[Learn more](#)



### **Benjamin Perks**

Mr Perks is Head of Campaigns and Advocacy in the Division of Global Communications

and Advocacy at the United Nations Children's Fund, based in New York. Mr Perks introduced the newly released State of the World's Children's report which examines child, adolescent and caregiver mental health.

[Learn more](#)



### **Welcome to our next summit**

We are excited to be able to announce that the overriding theme for our next theme will be Sustainable Food Systems for Health (25-26 October, 2022) We are currently finetuning our specific focus (its a big topic!) but rest assured it will be relevant and inspiring. Stay tuned for updates and opportunities to get involved!

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c/o Uppsala University, P.O. Box 256, SE-751 05 UPPSALA, Sw eden [info@uppsalahealthsummit.se](mailto:info@uppsalahealthsummit.se)  
[www.uppsalahealthsummit.se](http://www.uppsalahealthsummit.se)