

Reminder - Please join us for the Uppsala Health Summit Post-Conference Report Launch:

Pathways to Lifelong Mental Wellbeing - Rebuilding Young People's Mental Health in a Post Pandemic World

In October 2021, Uppsala Health Summit explored the theme ***Pathways to Lifelong Mental Wellbeing*** together with researchers and practitioners from all over the world. The conclusions from the intensive dialogues have been gathered in a post-conference compendium of briefs.

In a **webinar on Tuesday the 8th of March at 15.00-16.00 (CET)** we will discuss this theme further together with a group of bright and insightful thinkers.

Please join us and gain insights into how we can build a movement for stronger mental wellbeing after the pandemic. The dialogue will have a specific focus on youth: How can we create integrated policies that build and protect young people's wellbeing and also provide adequate support and timely intervention for the many in need?

Participants:

Opening: **Karin Brocki**, Professor of Psychology, Uppsala University and Chair of the Uppsala Health Summit Programme Committee on Mental Wellbeing

Presentation: **Jacqueline Sperling**, Clinical psychologist, faculty at Harvard Medical School, and the cofounder and coprogram director of the McLean Anxiety Mastery Program at McLean Hospital

Panelists: **David Anthony**, Chief of Strategic Planning, Convening and Emerging Research Areas, UNICEF Office of Research - Innocenti

Lance McCracken, Professor of Psychology, Uppsala University

Prudence Atukunda Friberg, Senior Thematic Advisor, Humanitarian Unit, Church of Sweden

The webinar will be moderated by **Fredrik Lindencrona**, Lead for strategic improvement and international collaboration, Swedish Association of Local Authorities and Regions.

We look forward to welcoming you online on Tuesday, 8 March. Registrations are open and free of charge, participants can sign up until the start of the event. Feel free to share this invitation to those in your network that you know would be interested.

Register here for the Uppsala Health Summit launch event

The launch event is free and will be held on zoom. To ensure a space please register in advance for the webinar via the link below.

[Register here for the free launch event](#)



Fredrik Lindencrona

Lead for strategic improvement and international collaboration, Swedish Association of Local Authorities and Regions

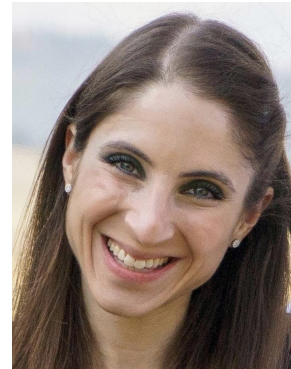
[Bio](#)



Lance McCracken

Professor in Clinical Psychology, and Head of the Division of Clinical Psychology, at Uppsala University

[Bio](#)



Jacqueline Sperling

Clinical psychologist, faculty at Harvard Medical School, and the co-founder and co-program director of the McLean Anxiety Mastery Program at McLean Hospital

[Bio](#)



David Anthony

Chief of Strategic Planning, Convening and Emerging Research Areas, UNICEF Office of Research - Innocenti

[Bio](#)



Karin Brocki

Professor of Psychology, Uppsala University and Chair of the Uppsala Health Summit Programme Committee on mental wellbeing

[Bio](#)



Prudence Atukunda Friberg

Senior Thematic Advisor, Community Based Psychosocial Support in Humanitarian Settings, Humanitarian Unit, Act Alliance Church of Sweden

[Bio](#)

Download the post-conference report 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.

You can also find individual briefs from each workshop, follow the link to download all publications.

[Download publications](#)

UPPSALA HEALTH SUMMIT
Pathways to Lifelong Mental Wellbeing
October 2021



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