



UPPSALA HEALTH SUMMIT 2021

Pathways to Lifelong Mental Wellbeing



Welcome to our next Uppsala Health Summit - 18-21 October 2021

Mental health is one of the most important global health challenges of our time. Fostering and protecting mental wellbeing requires multi-sectoral action at all levels in society, but there is often a need for better understanding of available approaches, how they can be successfully implemented and benefit more people. Our digital Summit in October will provide a unique interdisciplinary platform for researchers, experts and practitioners to present and discuss innovative approaches to prevent and intervene for better mental health globally.

Mark your Calendars! Registration will open in August 2021.

[Learn more](#)



October UHS Summit: Workshops Day 1

We have an exciting Summit planned in October! On Day 1 of the Summit we have four parallel workshops; **Stepped care in a digital world**; **Implementation of the Swedish method physical activity on prescription**; **Hormones and mood**; and **Psychological flexibility, mental Health, COVID-19 and beyond**. As in the previous digital summit, we will have four parallel workshops also on the second day of the summit. They are: **Time to address perinatal mental health**; **Increasing access to evidence-based mental health care**

interventions; **Public mental health promotion as an integral part of clinical and community care programs**; and **Animal assisted Interventions for young people**. Check out the descriptions of the workshops, they will continue to be updated in the coming months and weeks so check back often.

[Summit workshops](#)

Meet Karin Brocki

For this year's summit, we are delighted to have Professor Karin Brocki as our programme committee chair. Karin's research lies within the area of developmental psychology and is focusing especially on children's development of self-regulation.

[To the interview](#)



