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**Tackling Mental Health Challenges Amongst Young People:   
Finding solutions to digital problems**

**Date: 21st September 2020**

**Time: 2pm to 3.30pm**

The eNurture Network aims to foster new collaborations to promote children and young people’s mental health in a digital world. This is the second of two webinars on tackling mental health challenges amongst young people. This Webinar will focus on positive ways of supporting and advising children and young people who have experienced or are a risk of mental health difficulties as a result of engaging with the digital world. It will be of relevance to academic researchers and to practitioners and policy makers from a range of public, private and third sector organisations. The webinar will encourage dialogue, stimulate debate and highlight positive solutions to digital problems for children and young people. It will also provide an opportunity to find out more about eNurture Network funding opportunities.

**Programme**

2pm **Professor Susan McVie (University of Edinburgh) - Chair**

Welcome, introductions and information on eNurture

2.05pm **Speaker TBC, Scottish Youth Parliament**

Young people’s perspectives on the priorities for finding solutions (Title TBC)

2.15pm **Gillian Bridge (Resilience Training)**

*All connected up but feeling all alone*

Social media is an internalising process, so ‘getting out of our minds’ should mean better mental health. Gillian will focus on how we can help young people make genuinely stronger, healthier, connections, in their brains and in their lives.

2.25pm **Dr Aislinn Bergin and Dr Bethan Davies (University of Nottingham)**

*Digital Mental Health: Separating the Wheat from the Chaff*

Increasing need for mental health support and more pressure on the services that can provide it – this is the reality that children and young people are facing. Digital interventions and tools offer the potential to ensure access even with these challenges. However, separating the wheat from the chaff, the evidence-base from the snake oil, is essential. Aislinn and Bethan propose that solutions such as using evaluation frameworks can provide professionals, and potentially young people themselves, with the resources they need to continue providing and accessing mental health support.

2.35pm **Tony Stower (5Rights)**

*Age Appropriate Design Code: transforming the internet for children and their data*

2.45pm **Q&A (40 mins)**

3.25pm Professor Gordon Harold (University of Cambridge)

Closing remarks and eNurture funding opportunities

3.30pm CLOSE