

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

**Monday 14th September 2020**

**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 Webinar will focus on digital based or enabled solutions to supporting and advising children and young people who have experienced or are a risk of mental health difficulties. 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 digital solutions for children and young people.

**Programme**

2pm Dr Elvira Perez Vallejos (University of Nottingham) - Chair

Welcome and introduction to eNurture

2.05pm Young people’s perspectives on finding solutions to advancing digital developments and positive mental health

2.15pm Catherine McAllister, BBC Children’s and Education

BBC Own It: Supporting digital wellbeing through technology

2.30pm Aaron Sefi, Kooth

Evidencing outcomes children and young people actually want from online

therapeutic support for mental health

2.45pm Victoria Betton, Mindwave Ventures

Co-designing digital mental health tools with children and young people

3pm Q&A (Moderator: Prof Susan McVie, University of Edinburgh)

3.25pm Professor Gordon Harold (University of Cambridge)

Closing remarks and eNurture funding opportunities

3.30pm CLOSE