


## Online network-meetings for mental health promotion

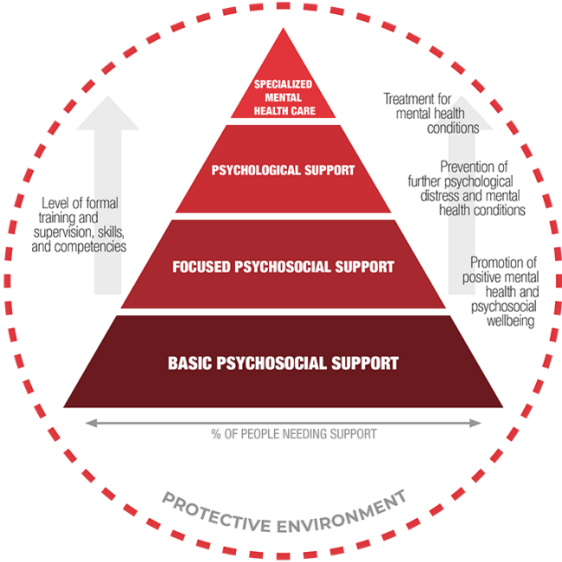
<b>Name / title of service</b>	Online network-meetings for mental health promotion
<b>National society / organization</b>	Austrian Youth Red Cross
<b>Your logo/icon</b>	 <p>ÖSTERREICHISCHES JUGENDROTKREUZ</p> <p><i>Aus Liebe zum Menschen.</i></p>
<b>Person of contact incl. function</b>	Alina Bergner, MSc program lead: mental health first aid alina.bergner@roteskreuz.at
<b>Short description of the digital MHPSS service / practice</b> (max. 1000 signs)	Our online network-meetings with different topics regarding the mental health of children and youth are taking place four times a year and aim to support teachers and other caretakers in coping with challenges regarding the mental health of their cared-for children and youth. Every network-meeting stands in the light of a specific topic, which is presented by an expert in the specific field, for example: suicidality, self-harming behavior, eating disorders or addiction. Teachers and other caregivers can learn more about the different challenges in mental health of their children and youth and get the possibility to discuss practical questions with an expert, as well as with other caretakers.
<b>Objectives of the digital MHPSS service / practice</b>	Teachers and other caregivers have the opportunity to learn more about specific topics regarding mental health in children and youth. The main objective is to gain a feeling of competence and safety in coping with mental health problems of their children and youth.
<b>Benefits for target group/s</b> (max. 5 bullets)	<ul style="list-style-type: none"> <li>- low threshold access from at home or at work</li> <li>- varying topics, so caretakers can educate themselves for current challenges</li> <li>- free of charge</li> </ul>
<b>Unique Selling Point</b> What makes your digital MHPSS service special/relevant?	<ul style="list-style-type: none"> <li>- different topics regarding mental health presented by experts</li> <li>- newly organized topics are oriented by current needs from the target group</li> <li>- possibility for questions and discussions with experts and with peers</li> </ul>
<b>Specific barriers along the way</b> (max. 3 bullets)	None



<b>Specific facilitators along the way</b> <i>(max. 3 bullets)</i>	None
<b>Business model, finances, donors (internal/external) who have financially contributed to the development of the MHPSS service</b>	None
<b>Experiences, user stories, quotes or feedback from stakeholders</b> <i>(max. 5 bullets)</i>	<ul style="list-style-type: none"> <li>- "Very competent lecturer with practice-oriented content."</li> <li>- "Thank you for the helpful input on how to talk with youth about the topic."</li> <li>- "There has been some good advice on how to cope with self-harming behavior and how to begin a conversation with the affected person."</li> </ul>
<b>Links</b>	<a href="https://www.jugendrotkreuz.at/kindergarten-schuelernen/psychische-erste-hilfe">https://www.jugendrotkreuz.at/kindergarten-schuelernen/psychische-erste-hilfe</a>



## Details

<p><b>Languages, in which the digital MHPSS service is available</b></p>	<p> <input type="checkbox"/> English  <input type="checkbox"/> French  <input type="checkbox"/> Spanish  <input type="checkbox"/> Arabic  <input checked="" type="checkbox"/> Others: German         </p>
<p><b>Did you work in collaboration regarding your digital MHPSS service? If yes, with whom did you partner?</b></p>	<p> <input type="checkbox"/> Other in-house departments:  <input type="checkbox"/> Partner NS  <input type="checkbox"/> ICRC  <input type="checkbox"/> IFRC  <input type="checkbox"/> NGO  <input type="checkbox"/> Government (ministry of health, ministry of social affairs etc.)  <input type="checkbox"/> Private sector  <input type="checkbox"/> United nations agencies  <input type="checkbox"/> Academia  <input checked="" type="checkbox"/> No collaborations  <input type="checkbox"/> Others:         </p>
<p><b>Geographical region where the service is accessible</b></p>	<p> <input type="checkbox"/> Africa  <input type="checkbox"/> Asia &amp; Pacific  <input checked="" type="checkbox"/> Europe &amp; Central Asia  <input type="checkbox"/> Middle East (MENA/NAMEH)  <input type="checkbox"/> The Americas         </p>
<p><b>Level of the MHPSS Framework (<a href="#">link</a>)</b></p>	<p> <input checked="" type="checkbox"/> Basic psychosocial support  <input checked="" type="checkbox"/> Focused psychosocial support  <input type="checkbox"/> Psychological support  <input type="checkbox"/> Specialized mental health care         </p> 



<b>Target group of the digital MHPSS service</b>	<input type="checkbox"/> Children & adolescents <input type="checkbox"/> Older persons <input type="checkbox"/> Families of missing persons <input type="checkbox"/> Family of persons with mental health conditions, including alcohol and substance abuse <input type="checkbox"/> Persons with physical health issues <input type="checkbox"/> Indigenous persons <input type="checkbox"/> Migrants <input type="checkbox"/> Refugees & internally displaced persons <input type="checkbox"/> Prisoners and/or their families & post-release detainees <input type="checkbox"/> People affected by violence <input type="checkbox"/> People affected by war and armed conflict <input type="checkbox"/> People who are homeless <input type="checkbox"/> People who are lonely <input type="checkbox"/> LGBTQ <input type="checkbox"/> Community helpers <input type="checkbox"/> Staff & volunteers <input checked="" type="checkbox"/> Others: Teachers and other caretakers
<b>Format</b> What type of service are you providing? (e.g., peer-to-peer, self-help, hybrid/blended with face-to-face interactions, minimally guided, VR therapy, e-learning)	The online network-meetings are held via Zoom and allow participants an interaction with experts and the possibility to share best-practice experiences on peer level via break-out sessions.
<b>Evaluation &amp; effectiveness</b> How has the digital MHPSS intervention been, is being or will be evaluated (monitoring, research,...)?	We constantly monitor the numbers of participants for every meeting and topic, as well as conducting a feedback questionnaire.
<b>Platform</b> Through which channels do you provide your service?	<input type="checkbox"/> Website <input type="checkbox"/> Progressive Web App <input type="checkbox"/> Native app (Android/iOS) <input type="checkbox"/> VR solution <input checked="" type="checkbox"/> Teams/Skype/Zoom, other online-communication tools:  <input type="checkbox"/> WhatsApp, Telegram, other chat-tools: <input type="checkbox"/> Other:
<b>How to access your digital MHPSS service</b>	<input type="checkbox"/> App Stores



	<input checked="" type="checkbox"/> Link: upcoming network-meetings are announced here: <a href="https://www.jugendrotkreuz.at/kindergarten-schuelernen/psychische-erste-hilfe">https://www.jugendrotkreuz.at/kindergarten-schuelernen/psychische-erste-hilfe</a> <input type="checkbox"/> Email to: <input type="checkbox"/> Phone Number:
<b>Timeline</b> How long has your service existed? How long will it remain? <i>(max. 500 signs)</i>	The online network-meetings are a part of our program called "Psychische Erste Hilfe" (eng. "mental health first aid") and are held since one and a half year. For as long as there is the need for education regarding mental health topics in children and youth for caretakers, the service will remain.
<b>Remarks:</b>	None
<b>Date of completion:</b>	15.11.2023

