

Agenda

What is problematic content in online world and how to fight it?

1.12. Thursday

Arrival day (no activities)

2.12. Friday

8:00 - 9:00 Breakfast at the hostel, afterwards walk to office

10:00 - 11:00 Getting to know each other

Setting the space, introduction, getting to know SAME and the Solidarity Action Day

11:00 - 13:30 Getting to know each other and introduction to mental health

- Getting to know each other
- What are your expectations for this seminar?
- Why are you interested in mental health?
- What is mental health?

13:30 - 15:00 Lunch break

15:00 - 17:00 Why do we need to talk about mental health?

- Why is it important to care about mental health?
- What is the stigma behind problems behind mental health?
- How do these aspects differ between different European countries?

Check-out

18:00 Dinner

Afterwards Free time or joining evening activities

3.12. Saturday

8:00 - 9:00 Breakfast at the hostel, afterwards walk to office

10:00 – 13:00 **The stress bucket**

- Risk factors: What can affect one's mental health?
- Stressors: What can cause struggles?
- How do we recognize stress?
- Introduction to coping strategies: What can we do to reduce stress?
Helpful and not helpful behaviour

13:00 – 14:00 **Lunch break**

14:00 – 16:00 **Coping strategies**

- Getting to know different coping strategies
- Which coping strategies work best in specific situations?
- How do we implement coping strategies in everyday life?
- Where do we get support if needed? Professional and personal support systems

Check-out

19:00 Dinner

After dinner **Free time or joining evening activities**

4.12. Sunday

8:00 - 9:00 Breakfast at the hostel, walk to the office

10:00 – 13:00 Outlook and conclusion

- What can we (individually and structurally) do as society?
- How do we reduce the stigma behind problems with mental health?
- Recap and take-home messages

13:00 - 14:30 Lunch break

14:30 - 15:30 Reflection, feedback and check-out

15:00 - 19:00 Group activity

19:30 Dinner (at restaurant)

5.12. Monday

Departure day (no activities)

