

INVITATION TO THE WEBINAR #1

THE GENDER GAP IN MENTAL HEALTH OF YOUNG PEOPLE

WEDNESDAY - 15 MAY 2024 - 13:00 - 14:30 (CET)

The share of young people reporting symptoms of depression, stress or anxiety has more than doubled during the pandemic. Numbers are still alerting high all over Europe. Recent studies also underline a persisting gender gap of young women being three times more likely to experience anxiety-related conditions.

The webinar **“The Gender Gap in Mental Health of Young People”** will shed light on challenges of mental health of young people and highlight approaches, methods and tools to strengthen the mental health and wellbeing of young people. The guest speakers will in particular focus on the gender-related challenges, approaches and tools that have been co-created with young people, most vulnerable groups among the young people they work with, and their risks regarding school performance, labour market integration and social integration.

Programme:

13:00 - 13:10	Welcome and introduction
13:10 - 13:30	Strengthening the psychosocial health of young people in Austria in line with their needs: Gender-specific challenges and approaches Mag. Dr. Irina Vana, Mag. a. Sylvia Gaiswinkler, Mag. Sophie Sagerschnig, Mag. Michaela Pichler, GÖG, Austria
13:30 - 13:45	Gender Gap and the Potential of Positive Education in Strengthening Resilience and Wellbeing of Youth Dr. Mirjana Beara Benjak, University of Kragujevac, Serbia
13:45 - 14:00	Icehearts Europe - Mental health support for vulnerable youth through sports and mentorship Hannes Jarke, EuroHealthNet, Belgium
14:00 - 14:30	Discussion and exchange of experience

The webinar is organised as part of the MEET project, that aims to build capacities for youth mental health promotion in formal and nonformal education and training through the development of inclusive and innovative tools and materials. As a result, the project will help to combat mental health problems among young people and enable a better educated workforce and contribute to reduced labour shortages.



DATE: **15. 5. 2024, 13:00 - 14:30**

PLACE: **online via ZOOM**

To participate please **register [HERE](#)**.

After the registration you will receive a confirmation mail with the link for the event.



MEET

IRINA VANA



Mag. Dr. Irina Vana is a sociologist and working at the Competence Center for Future Health Promotion as a health expert and project manager. She is currently working in the areas of mental health promotion for young people, strategy development and participation in health promotion as well as caring communities. She will present the "ABC of mental health for young people", an Austrian Mental Health ABC-Campaign (Act-Belong-Commit), a joint initiative of 150 interdisciplinary and intersectoral partner organizations who are committed to raising awareness and promoting mental health of young people.

SOPHIE
SAGERSCHNIG



Mag. Sophie Sagerschnig is working at Gesundheit Österreich GmbH as a health expert and project manager in the Psychosocial Health and Planning and System Development departments. Her current areas of focus include the analysis and further development of psychotherapeutic and clinical-psychological care in Austria, accommodation in accordance with the Austrian Unaccompanied Minors Act (UbG) and the (psychosocial) health of children and adolescents.

SYLVIA
GAISWINKLER



Mag.a. Sylvia Gaiswinkler is a sociologist. She is working as a project manager and research assistant at GÖG in the Department of Health, Society and Equal Opportunities. As an expert, she deals with socio-economic effects on health, in particular the influence of sex and gender, migration and refugee backgrounds and different working and living conditions. She will present relevant findings on mental health of young people from the women's health report and the LGPTQI+ report.

MICHAELA
PICHLER



Mag. Michaela Pichler works at Gesundheit Österreich in the Psychosocial Health Department. She studied psychology as well as theater, film and media studies and completed her training as a clinical and health psychologist. Before joining GÖG she worked at the University at the FEM Women's Health Center in various health promotion projects and in counseling homeless women and families.

MIRJANA BEARA
BENJAK



Dr. Mirjana Beara Benjak is an associate professor at the Faculty of Philology and Arts and at the Joint Study Program in Psychology at the University of Kragujevac. Mirjana has two decades of experience in conducting training, workshops, and seminars for non-profit and profit sectors and public institutions in the fields of management, mental health, and positive psychology. Her research and practical work focus on psychology of education, psychology of teachers, mental health and well-being, positive education, intercultural education, motivation, and professional development.

HANNES JARKE



Hannes Jarke coordinates the mental health portfolio at EuroHealthNet. A psychologist and public health professional by training, his work predominantly focuses on the application of scientific evidence to policy and the transfer of interventions between different settings and countries.



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