



INVITATION TO THE WEBINAR #4

DIGITAL MENTAL HEALTH

WEDNESDAY - 17 DECEMBER 2025 - 13:00 - 14:30 (CET)

Understanding the impact of digitalisation on youth mental health requires more than awareness – it calls for critical reflection and responsible action.

This webinar will explore how digital tools, including AI, are reshaping the way young people access mental health support. It will feature practical examples from the MEET project and beyond – highlighting both the promises and the pitfalls of digital mental health solutions.

Experts and practitioners will share insights, tools, and real-life experiences that help educators, youth workers, and policymakers navigate the ethical, technical, and emotional dimensions of supporting youth online. Participants will leave with practical knowledge and strategies to use digital tools more safely and effectively – ensuring that mental health support for young people remains inclusive, ethical, and grounded in their lived realities.

JOIN US!

DATE:

**17. 12. 2025,
13:00 - 14:30**

PLACE:

online via **ZOOM**

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



Welcome and introduction



Digital Mental Health Promotion in Slovenian Youth: The Impact of an Online Counselling Program

Domen Kralj, mag. psih. National Institute of Public Health



MEET digital tool – MindCraft

Ing. Laura Fotulová, Technical University of Košice



Digital environments and their impacts on mental health

Rayan Temara, policy officer, Mental Health Europe



Current use of AI for mental health: challenges and opportunities

Tom Van Daele, clinical psychologist, research coordinator at Thomas More University of Applied Sciences



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.