

W08-02 - AN INTERACTIVE WEBSITE TO PROMOTE MENTAL HEALTH

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The main intervention of the SUPREME study is a website aimed at mental health promotion and prevention of mental ill-health and suicide. Different website components are designed to achieve these goals using interactive as well as static information delivery techniques, peer to peer communication platforms, help-lines based on professionals.

Information regarding mental health problems such as depression, anxiety, psychoses, and stress are delivered through a set of interlinked webpages, which is also designed to provide contact information for local health services, hotlines.

An interactive module provides information based on the Awareness Program designed to promote knowledge of mental health, healthy lifestyles and behaviors among adolescents through virtual role-play and other interactive elements.

In a mental health monitor module, users may choose to fill out any of a large set of questionnaires related to mental health, and risk-behaviors and thus track their own mental health and received specifically tailored advice on help-seeking and coping strategies.

A web-based chat module provides an opportunity for adolescents to establish a direct text-based communication with mental health professionals.

A platform aimed at involving young people in mental health promotion, allows users to submit ideas regarding projects, actions, or for instance suggestions for health care related improvements. These ideas are reviewed by professionals who provide feedback, and assist these active adolescents in materializing their suggestions. An moderated discussion forum is aimed at generating discussions about mental health, sharing experiences and learning about the topic from professionals.