



2-Day Conference on Mental Health (Youth Workers & Teachers)

Type of event: In-person conference with preparatory engagement and post-event follow-up

Target group: Youth workers and teachers

Short description of the conference:

The conference brings together youth workers, teachers, and mental health advocates to exchange knowledge, share lived experiences, and explore practical approaches to supporting mental well-being among young people. By combining pre-event engagement, interactive conference sessions, and reflective follow-up activities, participants gain insights into current challenges, discover innovative strategies, and connect with peers in a supportive professional network. The programme emphasises active participation, emotional reflection, and ongoing integration of learning.

Framework (structure)

Before the conference

- **Survey:** Gather information on current challenges, burning questions, and participants' expectations for the conference.
- **Short podcast or video interviews:** Feature keynote speakers or young people sharing their mental health experiences to set the tone for the event.

During the conference

1. Interactive Q&A and comments

- **Use Mentimeter during keynote presentations** to collect live questions, comments, and reflections, making the sessions participatory and dynamic.

After the conference

- **Reflection thread (Forum or Discord):** Prompt "What stayed with you after Day 2?" to encourage ongoing sharing and peer learning.
- **Online integration circle (2 weeks later):** A facilitated 1-hour debrief session to support emotional processing and integrate key learnings into practice.

