

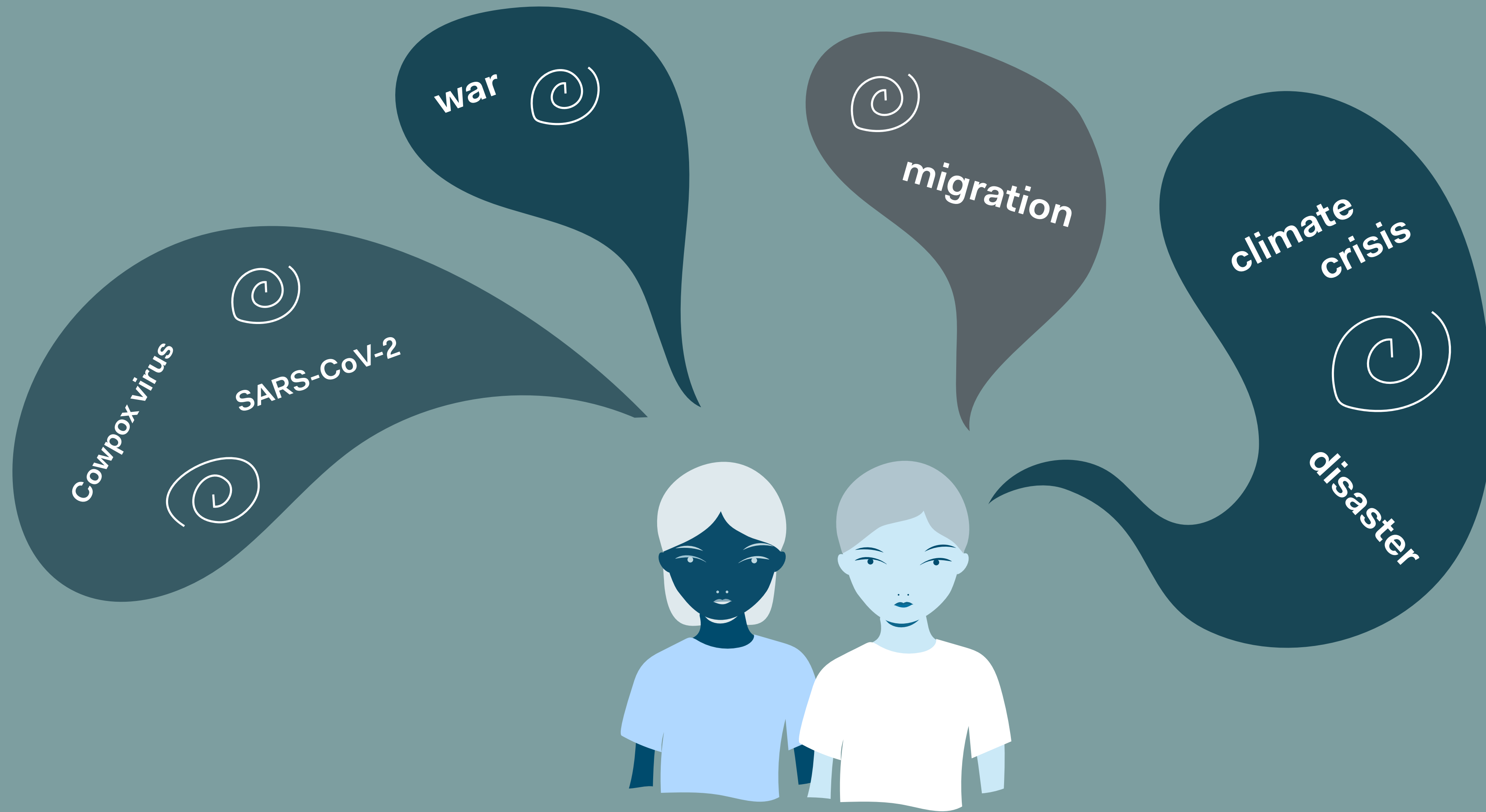
1 out of 7 adolescents experiences a mental disorder:



are you aware that psychologists have started raising alarms about a children's mental health crisis?



The unpredictable emergencies of the last years



and the impact of social media have changed the reality for many children and young people around the world.



Who would you talk to if you - as a child - are exposed to threats like domestic or sexual violence?



Or if you feel under pressure because of your family's expectations?



What would you do if your teen brother or your young daughter experienced anxiety, depression or cyberbullying?



We know it is difficult to get access to professional help.





It is not easy to cope with children's mental health problems, neither as children nor as parents, friends, schoolmates or communities.



That's why we are offering a MOOC on rights and perspectives on children's mental health.

## Children's Mental Health: Rights and Perspectives

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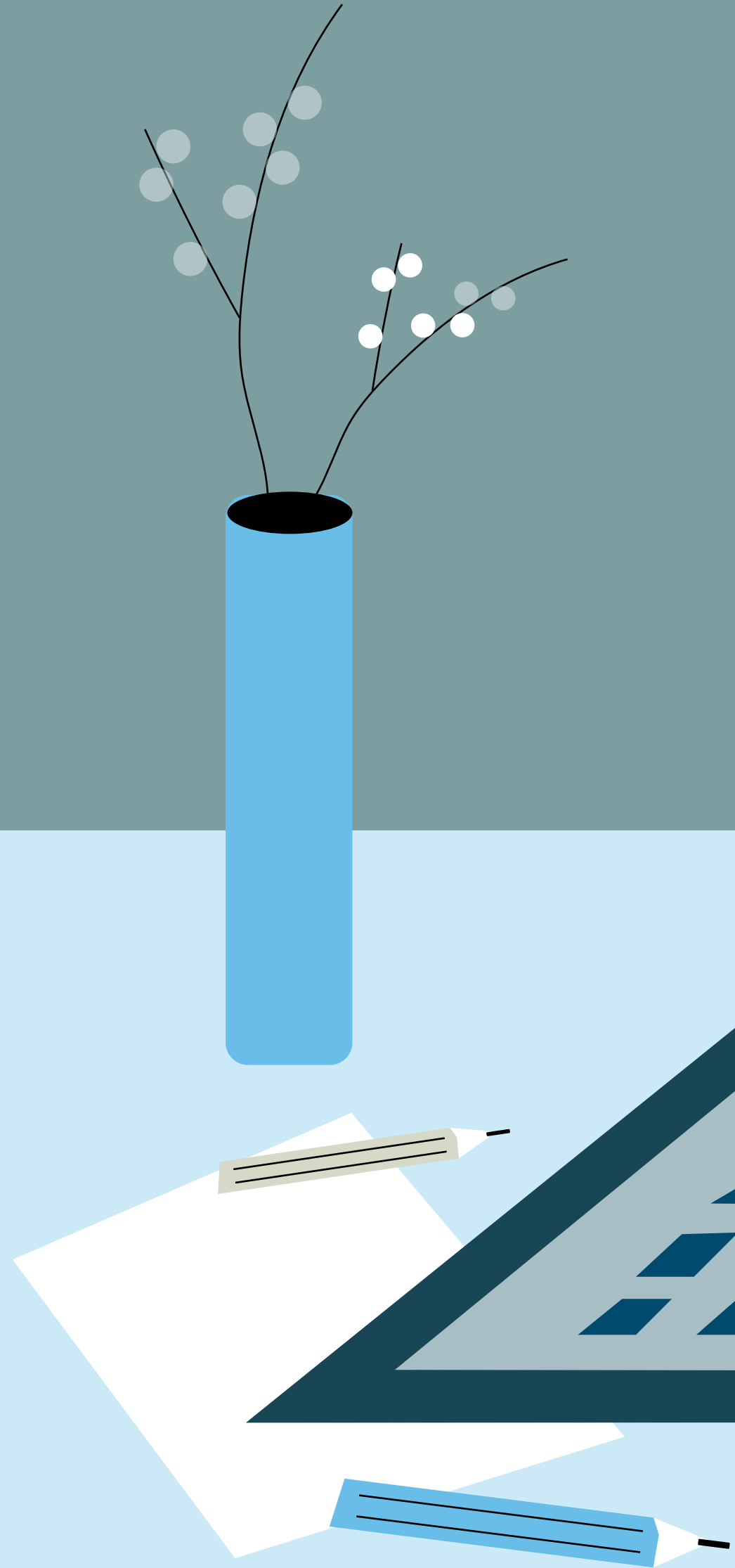
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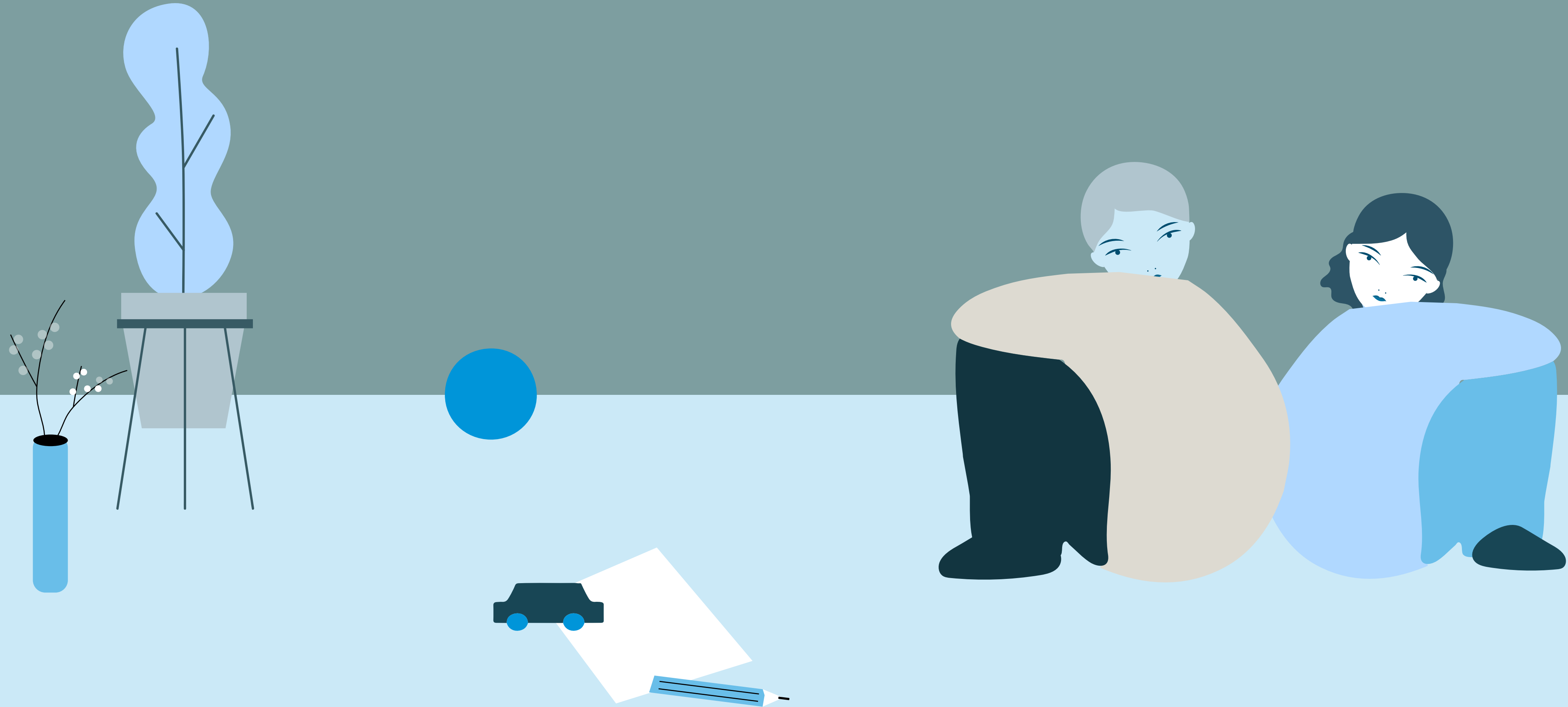
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The right to health for children and young people is recognised in international and regional frameworks, which do include mental health.



We want you to know about these laws and policies and the existing mechanisms for prevention and protection that you can approach or use.



The challenges are many but there are options and possible solutions.

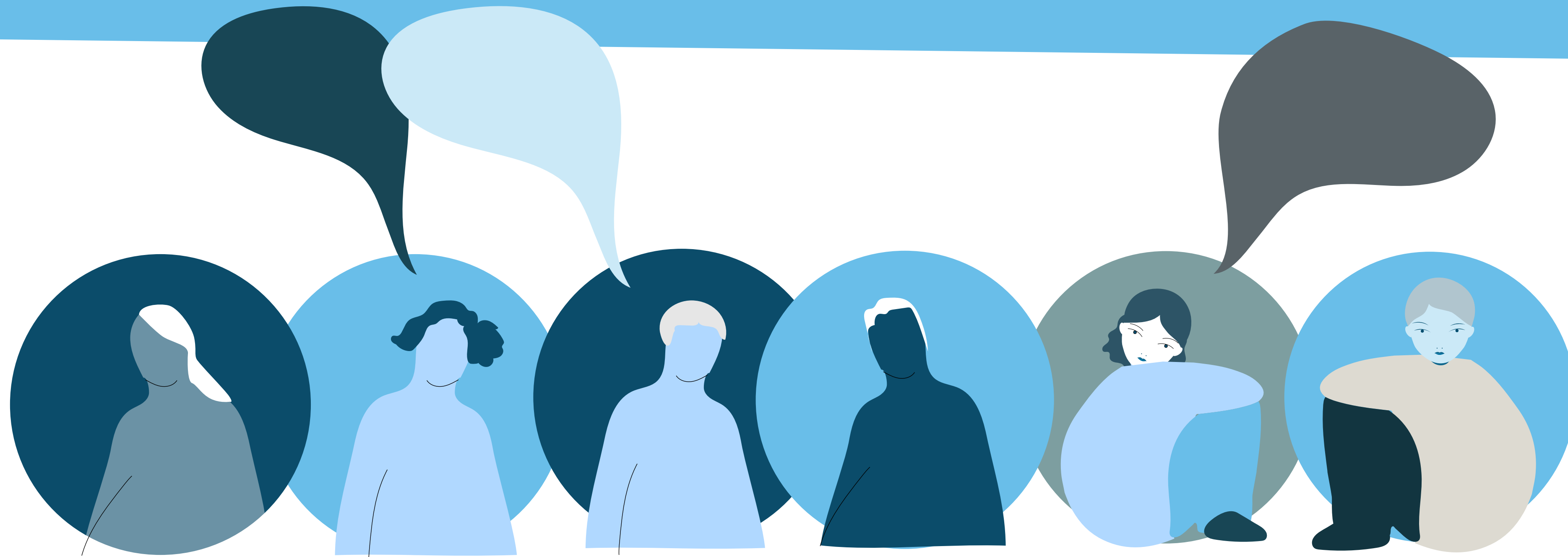


You will hear from experts, representatives of international organisations, field workers and children themselves.

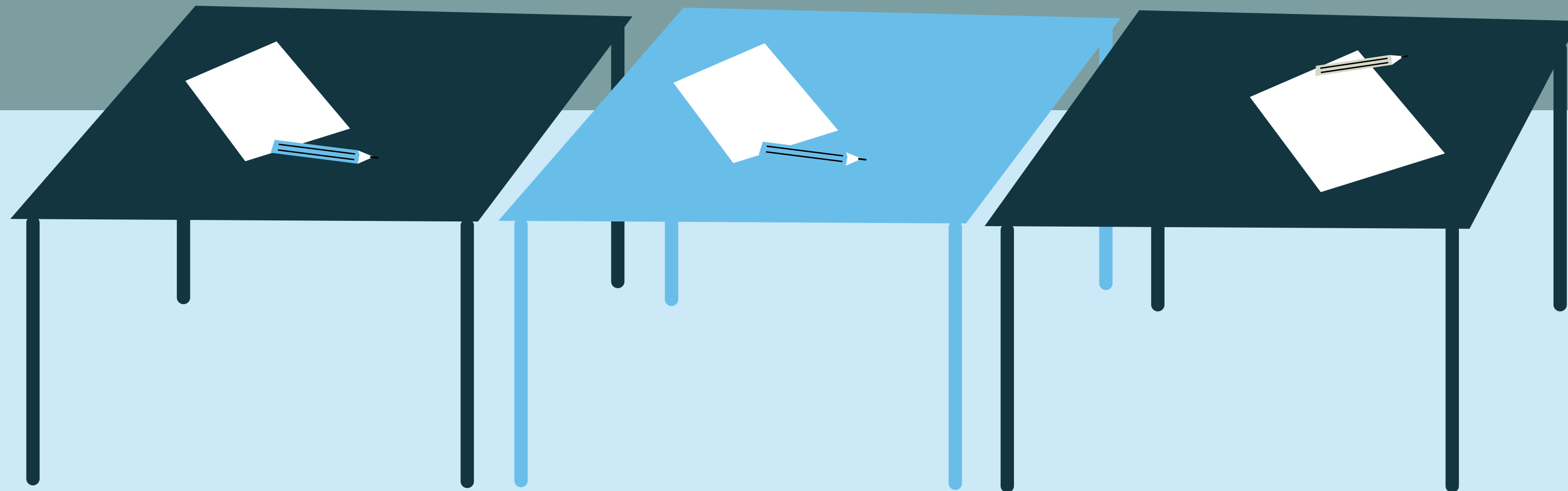
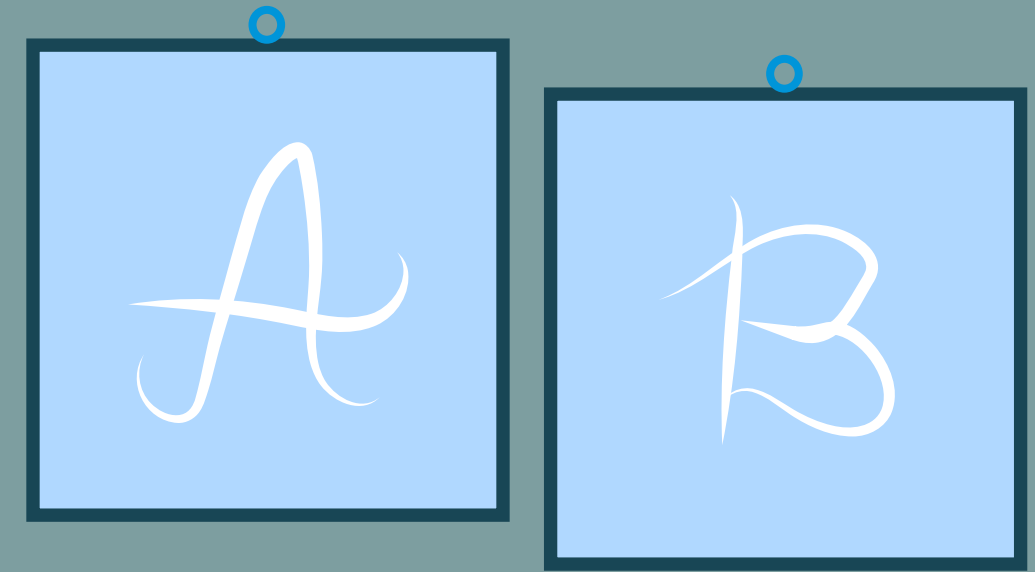
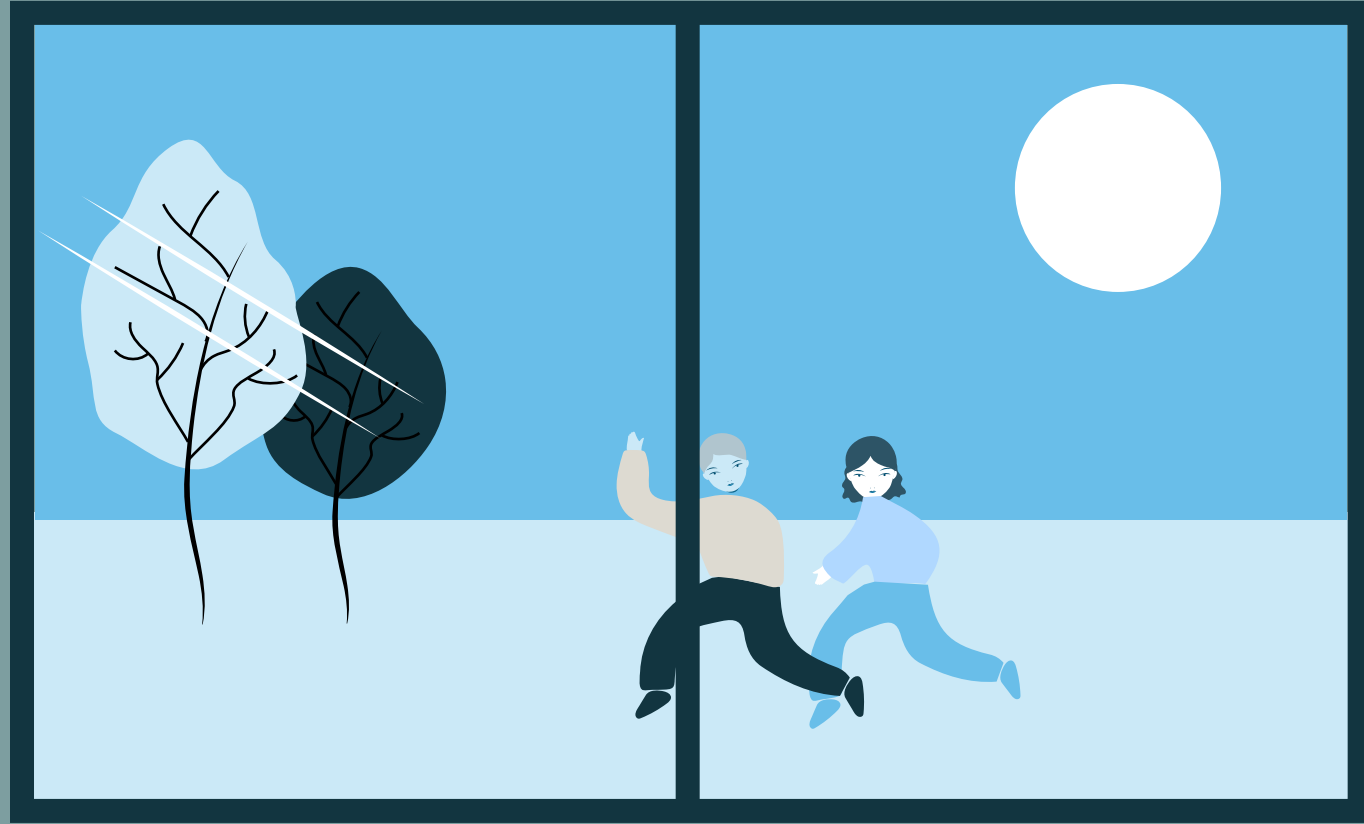


You will discuss case studies and awareness-raising campaigns.

## Children's Mental Health: Rights and Perspectives



You will learn about mental health education in schools and youth centres and discover online tools and peer-to-peer support for a healthier rights-based future.





Help us reduce the social stigma around children and young people's mental health, join our MOOC now!

## Children's Mental Health: Rights and Perspectives

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Enrol now!

