

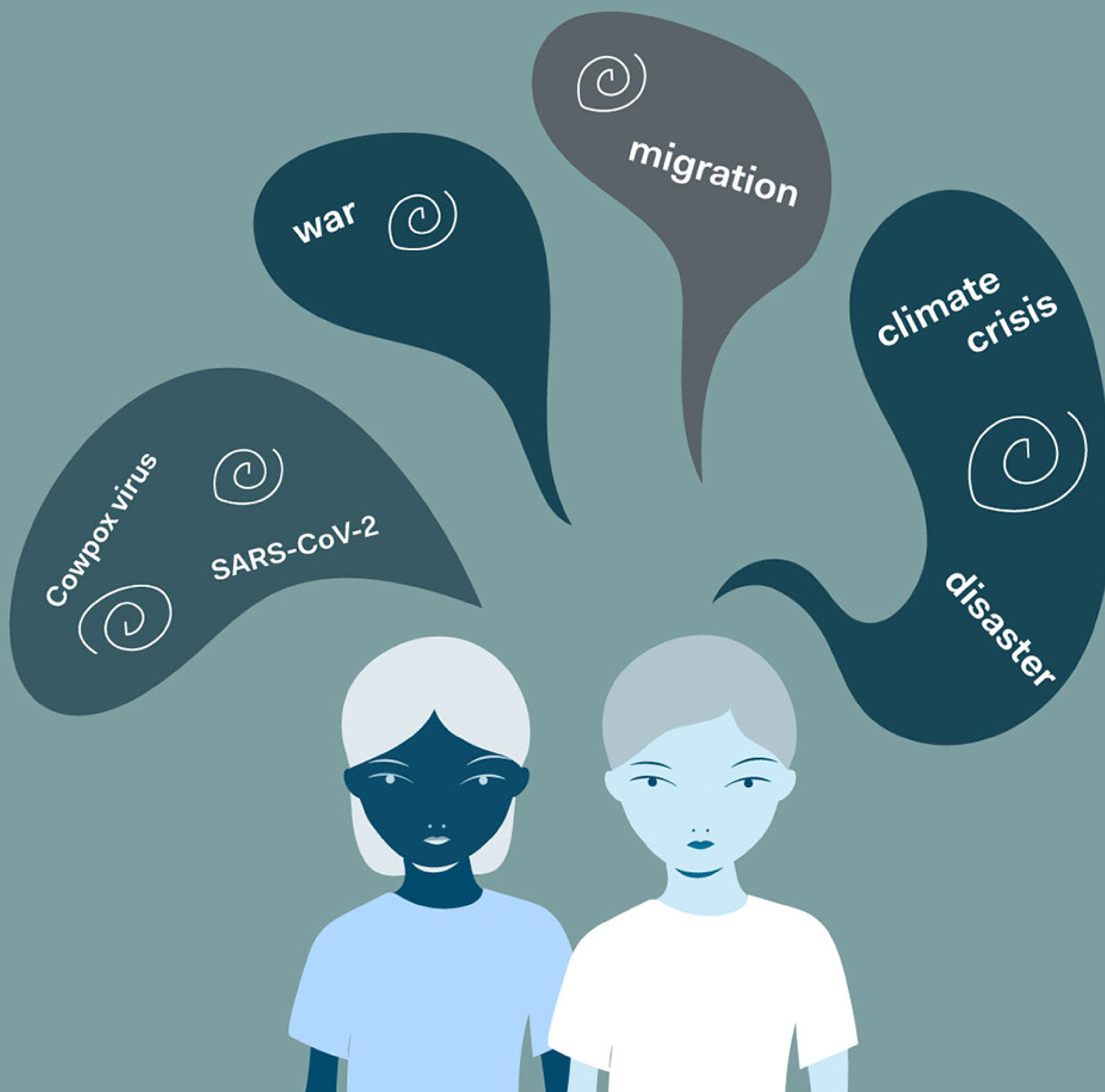


# MOOC on Children's Mental Health: Rights and Perspectives

Course dates:  
16 October- 19 November 2023

Free enrolment until:  
7 November 2023

<https://gchumanrights.org/cmh.html>





## MOOC on Children's Mental Health: Rights and Perspectives

According to recent reports by UNICEF and WHO, the decline in children's mental health has become a significant global issue. A longstanding source of concern, it has emerged more strongly in the context of the COVID-19 pandemic. Children have been further exposed to threats - including anxiety and depression attacks, heightened exposure to domestic and sexual violence and more subtle abuses such as unhealthy competition - which are taking an enormous toll on them and may ultimately lead to social exclusion and inability to realize their full potential.

Despite these highly concerning developments, availability of adequate support and services for the mental health of children and adolescents is greatly lacking worldwide. With this MOOC we want to show that it does not have to be this way. The course responds to the call by children and young people to understand their mental health as a human right. In particular, it looks into approaches that prioritise and commit to the direct participation of children and young people in decision-making in this area of their lives.

### THE PROGRAMME

The MOOC runs over 5 weeks and is organised in 3 modules:

- **Module 1 – Children's mental health**
  - o Context: why it is important to talk about children's mental health
  - o Children's mental health: a matter of rights
- **Module 2 – Protecting children's mental health in times of crisis**
  - o Facing risks in a variety of situations
  - o Minimising risks and maximising protection
- **Module 3 – A rights-based approach to children's mental health**
  - o Children's rights at the centre of solutions

### LECTURERS AND EXPERTS

In this MOOC, we invited experts in mental health and children's rights from relevant UN bodies and agencies as well as NGO representatives and young advocates. The faculty includes, among others:

- **Najat Maalla M'jid**, UN Special Representative on Violence against Children
- **Philip Jaffé**, Member of the UN Committee on the Rights of the Child
- **Eshani Ruwanpura and Belete Birara**, UNICEF Regional Office for South Asia
- **Chiara Servili**, focal point for child and adolescent mental health at WHO Headquarters
- **Anne Filorizzo Pla**, MHPSS Global Lead, Save the Children
- **Kristen Hope**, Terre des Hommes
- **Amrit Rijal**, young child rights advocate from Nepal
- **Grace Gatera**, lived experience mental health advocate from Rwanda
- **Marthe Wandou**, 2021 Right Livelihood Laureate

### INTERESTED IN JOINING?

This MOOC is designed for children, young people, families, social workers, health professionals, educators, policy-maker, children's rights defenders and other members of civil society who currently work, advocate and care for the promotion and protection of children's mental health.

For more information and to enrol, visit <https://gchumanrights.org/cmh.html>

For further queries, contact us at [e-learning@gchumanrights.org](mailto:e-learning@gchumanrights.org)

