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| Global Sessions 2023  *Vulnerable youth –*  *Prospects and challenges for young people in late modern societies*  **Track 1. Mental illness – living in an uncertain and competitive environment**  *Mental illness among young people has increased in the past decades. Depression and anxiety have been pointed out as forms of mental illness that nowadays affect young people particularly hard. Greater uncertainty in the outside world and increased demands on performance have been identified as reasons behind this development. Young people also have worse prospects for the future than previous generations, when it comes to work and the opportunities to live a good life, which affects psychological well-being. Being exposed to social media and the digital world has also been found to increase the mental illness of certain groups of young people, for instance, exposure to 24/7 bullying and hate and threats online. At the same time, young people are also establishing supporting functions and safe spaces online, which also meant new opportunities to counteract ill health and promote well-being.*  **Schedule Track 1** | | | | |
| **Monday, 29 May** | **Tuesday, 30 May** | **Wednesday 31 May** | **Thursday, 1 June** | **Friday, 2 June** |
| **09.00 -12.00**  **9:00-10:00**  Introduction to the Global Sessions 2023, the schedule, on-campus and on-line, sessions and group work: Johan Gärde  International guests presentations: Germany, Switzerland, Finland, Norway, India, Lebanon, Sweden and other countries  Welcome Note from Vice Chancellor Roger Klinth  **10-10:20** Break, fika  **10:20-10:45** Key-note Lecture: Professor Maria Eriksson, *Violence in the lives of young people - Prevention and intervention, prospects and challenges*  Student panel: 1-2 questions  **10:50-11:25** Key-note Lecture: Associate Professor Riyadh Al Baldawi, *Psychosocial vulnerability of young refugee under migration and adaptation processes – perspectives from Culture Psychiatry*  **11:25-11:50** Student panel questions and comments  **11:50-12:00** Final conclusions    **Venue:**  Andreaskyrkan  Högbergsgatan 31 | **9.00 - 10.15**  **Session 3**: *Intercultural dimensions on mental health in an uncertain environment,* Q & A  (Sonny Jose)  **Rooms**  Stigbergsgatan  Track 1- aulan  **10.15-10.30**  Break for fika    **10.30-12.00**  **Session 4** *and workshop:*  *Self-care tools and Resilience*  Sonny Jose    **Rooms**  Stigbergsgatan  Track 1, Aulan | **9.00 - 10.15**  **Session 5: Lecture and workshop**  *Prevention of mental illnesses / promoting mental health.*  *How does preventive work look like in different countries? (different programmes, activities e.g.)*  Karin Werner, Michele Pizzera  **10.15 - 10.30**  Break for fika    **10.30-12.00**  **Session 6:**  *Reaching out to young people in need: example of social withdrawal*  Michele Pizzera, Karin Werner  **Rooms**  Stigbergsgatan  Track 1 – Sal 1 | **09.00 - 10.15**  Field visit presentations  Johan Gärde  Filip Wollter  See separate schedule on global sessions webpage  **10.15 - 10.30**  Break for fika  **10.30 - 12.00**  Group work in subtrack-groups  (Separate schedule)    **Rooms**  Stigbergsgatan  Aulan  Stora salen | **08.30 - 11.00**  Group work presentations  See separate schedule on global sessions webpage          **Rooms**  Stigbergsgatan  Aulan  Sal 5  Erstagatan 1 F  Martasalen |
| **12.00 – 13.00**  Lunch | **12.00 – 13.00**  Lunch | **12.00 – 13.30**  Lunch (free) and poster presentation    **Rooms**  Stigbergsgatan  Sal 4 | **12.00 – 13.00**  Lunch | **11.30 - 12.30**  Evaluation, FIKA and Goodbye    **Rooms**  Erstagatan 1 F  Martasalen  Glasgow  San Sebastian  Trivandum |
| **13.00 – 16.00**  Lecture and workshop:  Break for fika 14.30-14.45  **Session 1: Lecture and workshop***:*  *Introduction in Track* Sonny Jose, Karin Werner, Michele Pizzera  *Overview of mental illnesses: focus on depression and anxiety*  Michele Pizzera, Karin Werner  **Session 2***:*  *Digital media and mental illnesses: influences and opportunities*  Michele Pizzera    **Rooms**  Stigbergsgatan  Track 1 - Sal 2 | **13.00 – 16.00**  Break for fika 14.30-14.45  Group work in subtrack-groups, Track 1  *Introduction to track 1 group work*(SJ & KW)  **Rooms**  Stigbergsgatan  Group room 7 | **13.00 – 16.00**  Field visits  See separate schedule on global sessions webpage | **13.00 – 16.00**  Break for fika 14.30-14.45  Group work in subtrack-groups    **Room**  Stigbergsgatan   Sal 2 |  |
| **17.00-18.30**  Cultural activity –  The national library of Stockholm  Humlegården  See separate schedule on global sessions webpage | **19.00 – 22.00**  Dinner  **Rooms**  Stigbergsgatan  Aulan  Sal 1 & 4 |  | **18.00 -**  Student pub |  |