

# Mental Health Public Seminar

## *Towards participation in a different normality*

### *Mental Health as a cornerstone*

5 November 2020

11:00 – 12:30 CET

**Online**

### Background

EPR and its Mental Health Working Group members organise a public seminar to tackle the consequences COVID-19 is having on mental health service delivery and users. *Towards participation in a different normality – mental health as a cornerstone* is a short concise online webinar looking at digitalisation of mental health services; dealing with stress and anxiety in young people with autism disorders; reconnecting mind and body and personal assistance to deliver services to small groups.

### Agenda

- 11:00 – 11:05 **Welcome and Introduction by EPR Secretariat**  
*Alicia Gómez Campos, EPR Senior Public Affairs and Community Officer*
- 11:05 – 11:20 **Digitalisation of mental health services: education and therapy online**  
*Karen Caulwell, Clinical Psychologist, Rehab (Ireland)*
- 11:20 – 11:35 **Reconnecting Body and Mind in Times of Uncertainty**  
*Sérgio Fabela, Clinical Psychologist, CRPG (Portugal)*
- 11:35 – 11:50 **A stress and anxiety intervention for young people with autism spectrum disorders and mild intellectual disability; the use of psycho-education for acceptance of a new reality during the pandemic**  
*Pinelopi Vitali, Clinical Psychologist, Theotokos Foundation (Greece)*



- 11:50 – 12:05 **Personal Assistance as a new tool to support small groups after COVID**  
*Laura García Molina, Personal Assistance Department, Fundación INTRAS (Spain)*
- 12:05 – 12:20 **Questions & Answers**
- 12:20 – 12:30 **Wrap Up and Conclusions**

## Registrations

To attend this public seminar, please register [here](#).

The link to join the seminar and further instructions will be sent to all registered participants a few days prior to the event.

## Contact

For more information, please contact: **Alicia Gómez Campos** at [agomezcampos@epr.eu](mailto:agomezcampos@epr.eu)

