

School mental health: why's and how's

*How to protect and promote school
mental health in 21th century?*



2nd webinar in Persian of the

Global Health & Education webinar series

24 February 2022



United Nations
Educational, Scientific and
Cultural Organization



• UNESCO Chair
• "Global Health and Education"
• University of Clermont Auvergne

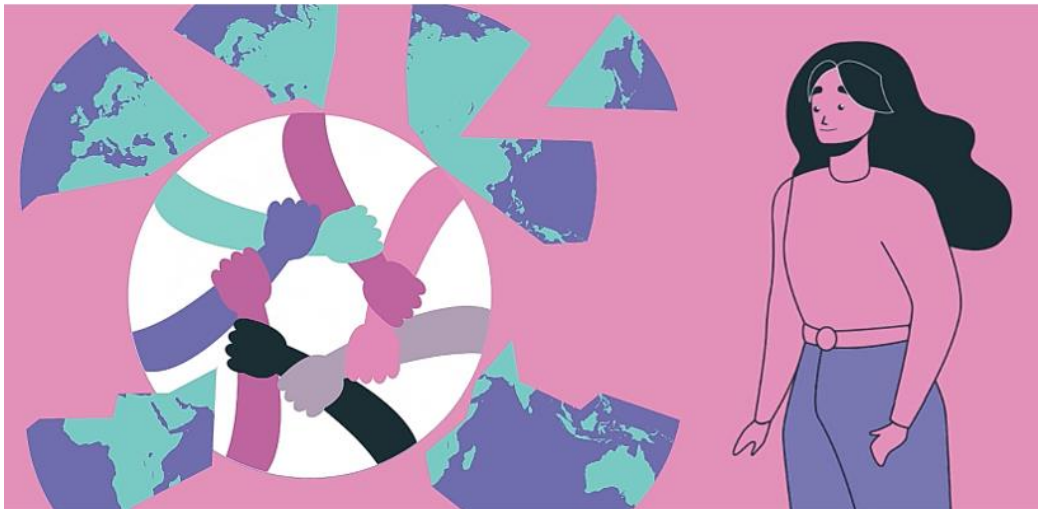
Welcome and introduction

Goof Buijs
Manager UNESCO Chair



What is the UNESCO Chair?

A global community that brings together universities, institutions, international networks and associations to improve lifelong learning for health for all.



What is the UNESCO Chair?

- Contribute to social change for the health of all
- Intersectoral perspective to health issues
- Producing and sharing of knowledge on prevention, health education and health promotion
- Developing capacities of individuals and communities
- Creating healthy living environments and ecosystems



Link to UN organisations

- UNESCO Chair on Global Health & Education
- WHO Collaborating Centre on Global Health & Education
- Hosted by Clermont Auvergne University in France



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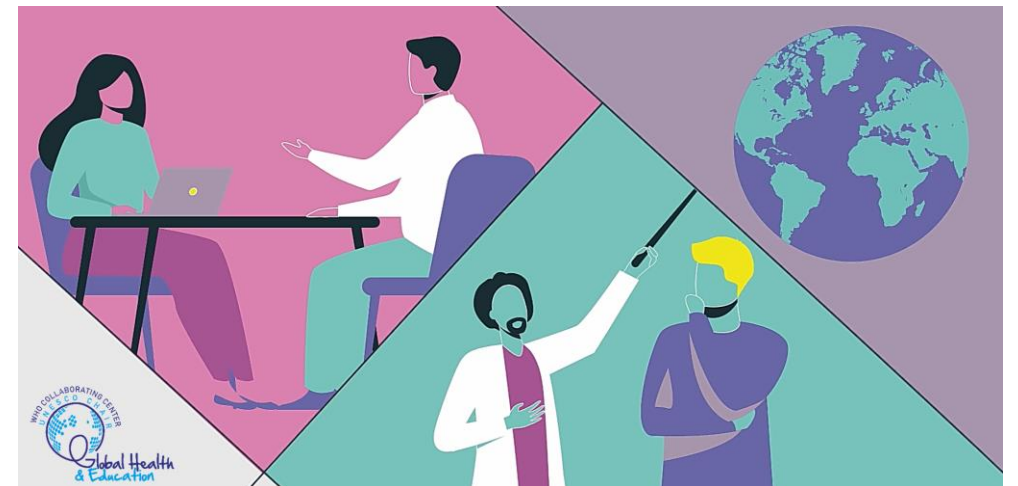


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Four pillars of action

- Promoting collaboration and creating an open community
- Producing knowledge
- Building capacity
- Communicating and sharing of knowledge



Why schools and mental health matter

- Anxiety and depression among the top-5 of ill health among adolescents
- During COVID social isolation, disrupted education, less jobs
- Now 16,3% of European youth with mental health issues
- Major cause of death after traffic incidents are suicides
- Waiting lists for youth mental health support
- Greater access needed to mental health promotion and prevention programmes



Role of schools in mental health

- Mental health is central topic of school health promotion
- Focus on social and emotional skills, incl self-awareness and resilience
- Growing evidence that programmes can reduce symptoms of stress and depression

