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E Mental Health – Addressing Mentally Challenged Young People with Integrated Web Solutions

O. Zhabenko¹, N. Zhabenko², **M. Krausz**¹

¹Department of Psychoneurology, Railway Clinical Hospital #1 station Kyiv, Kyiv, Ukraine ; ²Department of Psychiatry and Addiction Psychiatry, State Establishment “The Lugansk State Medical University”, Lugansk, Ukraine

Young people with mental challenges have very limited access to mental health services. Although the burden of disease for addiction and mental illness in that age group is dramatic and most severe persistent mental conditions have their onset in adolescence and early adulthood access to targeted prevention or care is nearly impossible across the globe. Web and social media are changing not only communication patterns especially for young people, but also the way they are looking for help, sharing experiences, learning new behaviors. Web based screening and assessment, information and online treatment are an opportunity to provide quality care with more capacity. Walkalong is a Canadian web-hub for youth with mood challenges providing several features addressing specifically their needs. It is an integrated platform aiming to empower young individuals to overcome their problems and better deal with mood disorders.