Remotekoot 2021
Team 2
Malmö Chapter
What is D4CR?

Talkoot 2019 and 2020

D4CR and the Talkoot 2018

Videos & Resources about the Talkoots

What is D4CR?

How would you create a local chapter in your area?

What do you think is important we can design with kids?
How to get your child to talk
identifying issues/first signs
specific mental illnesses
caregivers, parents, different people need different guides
how to recognise a toxic relationship
topics covering the scope of wellbeing (school, health, etc.)
dealing with crisis
what to look for guide (parents)

DATA

concrete examples from around the world

Link to: Salud mental en infancia en el escenario de la COVID-19. Propuestas de UNICEF España

Covid-19 Unicef

According to the latest Health Behaviour in School-aged Children survey, 28% of 15-year-old girls and 12% of 15-year-old boys in European countries reported “feeling low” more than once a week or more than once in 12 months. More than one in ten adolescents were regular weekly drinkers by the age of 15, with 13% of girls and 12% of boys.
Half of all mental health problems in adolescents have their onset during or before adolescence. Depression and anxiety disorders are among the top five causes of the overall disease burden (measured in terms of disability-adjusted life-years).
Suicide is the leading cause of death among adolescents (10–19 years old) in low- and middle-income countries and the second leading cause in high-income countries in the European Region. In 2015, there were over 40,000 deaths from suicide among 10–19-year-olds in the region, principally among boys (see Fig. 1). Young people who are disadvantaged— including minorities and migrants—are particularly affected.

World Health Organization

World Rights
what kinds of therapies there are
what to know before going to therapy
how to self-help until the visit
Therapist hotline/support center

resources

how to connect to

who to connect to

how to ask for help

how to support a friend

suicide

sos helpline

Safety resources
topics covering the scope of wellbeing (school, health, etc.)

Social stigma

normalize it

social media

online place where people can share their journeys and discuss (like subreddits)

community

educational videos to spread the awareness

Inspiration

sharing real stories and how (anonymous as an option)

App for guiding parents with the adaptation of their children’s mental health