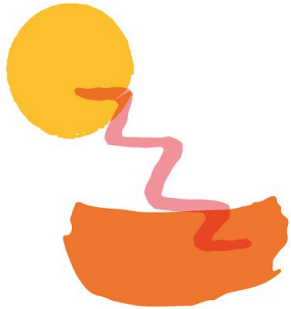


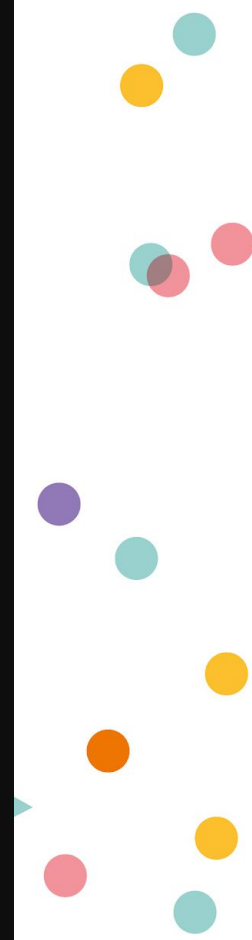
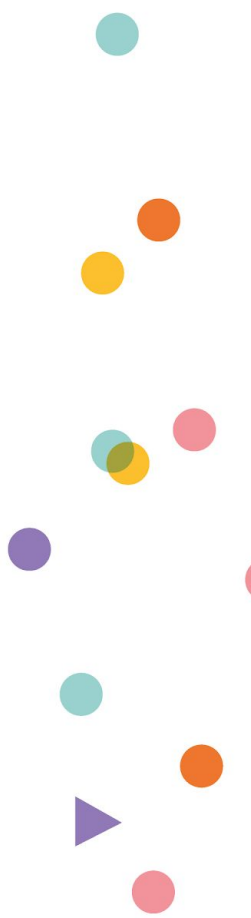
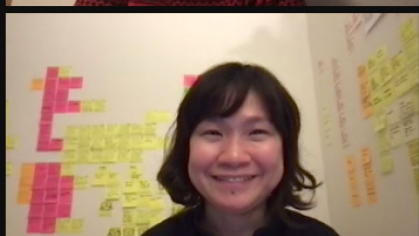
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# Remotekoot 2021

## Team 2

### Malmö Chapter

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# What is D4CR?

Talkoot 2019 and 2020

D4CR and the Talkoot 2018

Videos & Resources about the Talkoots

What is D4CR?

How would create a local chapter in your area?

The D4CR Princ

What do you think is important we can design with kids?





Graphic stickers with meaningful drawing and a website/app name

Oatley style marketing

Social media adds similar to the physical marketing material

Info share in schools and youth clubs

building a list of resources and how to cope

collect sun points (go out when is sunny)

Hiking, Camping, meditating in nature

Outdoor

Outdoor activities

Journaling

Meditation

to improve mental health

Headspace app meditation

Breathing

Postcard about different mental issues for children (at the specific age)

art therapy

play therapy, water play, puppets, etc..

Activities that promotes children and parents interaction

care givers, parents, different people need different guides

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

specific mental illnesses

dealing with crisis

How to get to make your child talk

How to recognise a toxic relationship

identifying issues/ first signs

what to look for guide (parents)

guides

resources

who to connect to

how to ask for help

how to support a friend

suicide

sos helpline nr

Therapist hotline/support center

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

inspiration

concrete examples from around the world

DATA

what kinds of therapies there are

what to know before going to therapy

how to self help until the visit

social stigma

normalize it

social media

community

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

educational videos to spread the awareness

Program for parents, caregivers

Caregivers

Parents

Teachers

Business

Self-reflection Awareness

(Our/Your) Reflections

link for intervention/ discussion

caregivers with the D4CR national network in USA (ask for a link, also sign up for the national D4CR if you wish, with a connection to mental health)

Marketing getting it out there

Key Principles

building a list of resources and how to cope

care givers, parents, different people need different guides

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

specific mental illnesses

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Self-reflection Awareness

(Our/Your) Reflections

link for intervention/ discussion

## Mental Health issues

## Activities

## guides

## DATA

## Inspiration

## resources

## (Our/Your) Reflections

## Marketing getting it out there

Caregivers

Parents

Teachers

Business

Self-reflection Awareness

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How to get to make your child talk

How to recognise a toxic relationship

concrete examples from around the world

care givers, parents, different people need different guides

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

specific mental illnesses



How to get to make your child talk

identifying issues/ first signs

specific mental illnesses

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dealing with crisis

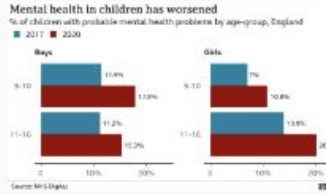
concrete examples from around the world

what to look for guide (parents)

<https://www.longcovidkids.org/>

guides

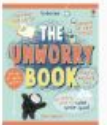
Link to : Salud mental e infancia en el escenario de la COVID-19. Propuestas de UNICEF España



- According to the latest Health Behaviour in School-aged Children survey, 29% of 15-year-old girls and 13% of 15-year-old boys in European countries reported "feeling low" more than once a week; also, more than one in ten adolescents were regular weekly drinkers by the age of 15 (9% of girls and 16% of boys).
- Half of all mental health problems in adulthood 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 4000 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.



Covid-19 Unicef



# resources

what kinds of therapies there are

what to know before going to therapy

how to self-help until the visit

Therapist hotline/support center

who to connect to

suicide

Safety resources

how to ask for help

how to support a friend

sos helpline nr

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

Social stigma

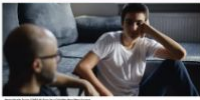
normalize it

social media

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

# community

educational videos to spread the awareness

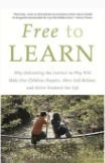
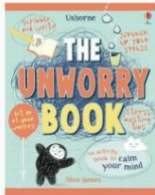


# Inspiration



Vroom: platform with science-based tips and tools help parents and caregivers give children a great start in life

sharing real stories and how (anonymous as an option)



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

