



# DIGITAL MENTAL HEALTH SERVICES

Digital mental health tools can make it possible to help more people. Use of online communication can mitigate the challenges of the lack of therapists and having to travel long distances to get treatment.

## Opening and welcome

09:00 – 09:15 Welcoming words by Centre Director Stein Olav Skrøvseth, Norwegian Centre for E-health Research and Hubert Życiński, Deputy Director, Department of Innovation, Polish Ministry of Health

## Video-based therapy for young people who have parents with alcohol and/or substance abuse problems

09:15 – 10:00 Marianne Trondsen, Senior Researcher PhD and Unn Sollid Manskow, Senior Researcher PhD, Norwegian Centre for E-health Research. Frøydis Eidheim, Blå Kors kompasset and user representative

10:00 – 10:10 Questions

## Video consultations as a core of telemedical system implementing AI and integrating community psychiatry and family medicine

10:10 – 10:30 Marek Krzystanek, Professor, Head of Dept. of Psychiatric Rehabilitation, Medical University of Silesia

10:30 – 10:40 Questions

## ICT challenges for Flexible Assertive Community Treatment (FACT) teams in Norway

10:40 – 11:00 Erlend Bønes, PhD Research Fellow, Norwegian Centre for E-health Research

11:00 – 11:10 Questions

## Digitalization in specialized mental health services

11:10 – 11:30 Monika Gullslett, Professor, Norwegian Centre for E-health Research

11:30 – 11:45 Closing remarks and ending of the event

### Registration:

This is a Zoom webinar. You need to register to participate - use this link:  
[https://ehealthresearch-no.zoom.us/webinar/register/WN\\_pSWqtoRXRnGc2tkAN77DsA](https://ehealthresearch-no.zoom.us/webinar/register/WN_pSWqtoRXRnGc2tkAN77DsA)  
After registration you will receive a link, to connect to the webinar on 27 October.  
Deadline for registration is 26 October, 4 PM (CET).

The event is hosted by Norwegian Centre for E-health Research in collaboration with the Polish Ministry of Health. The Open Days series is part of the Norway Grants-funded project "Tackling social inequalities in health with the use of e-health and telemedicine solutions".