



# Promoting Mental Health in the Virtual World: Lithuania's Case

# Mental Health Statistics in Lithuania



In 2017 748 people committed suicide (595 men, 153 women)

26,4 **suicides per** 100 000



58 % children and youth are suffering from **bullying** 



9918 diagnosed with alcohol-infused psychosis



38 510 reports of domestic violence



Every second person suffers from work-related stress

## IT interventions

IT interventions can be effective in order to solve mental health problems.

#### Types of interventions:

- Mobile applications;
- Computer based self help programs;
- Screening tools;
- Telehealth consultations (pvz.: via skype or other platforms);
- VR;
- Other

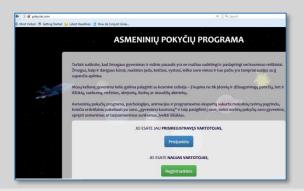
## interventions in Lithuania

- Two academic computer based programmes:
- BADI (Vilniaus university)
- Personal Changes/"Asmeninių pokyčių programa" (Vytautas Magnus University)
- One internet based self-help programme
- Towards the Better Mood/"Geros nuotaikos link"
- Mobile application "Antistresiniai pratimai"/ Anti Stress exercises

#### www.badi.lt



#### www.pokyciai.com



#### www.sveikatostinklas.lt



#### Google Play









It started in October 2016 in collaboration with universities, business, national institutions and NGOs.

#### **Partners:**





Aim: to promote MH among all groups of society that uses mobile phone technology.

Application is created for free and it is free to use for everyone.



## Content

### The application consists of 5 parts:

- 1. Emotion tracker;
- 2. Self-help exercises (based on CBT, mindfulness etc.);
- 3. National help lines;
- 4. Interactive map to get a free help from the place the user is at the moment (using GPS signal and integrating with google maps);
- 5. Educational information (i.e. on domestic violence, suicides, bullying, addictions etc.)



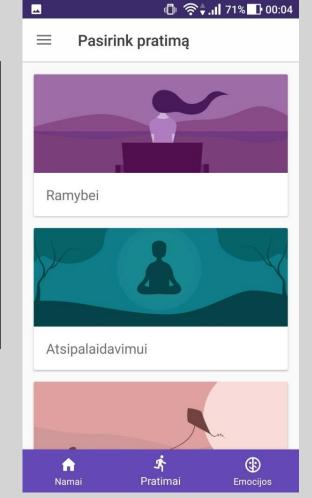
## Emotion tracker

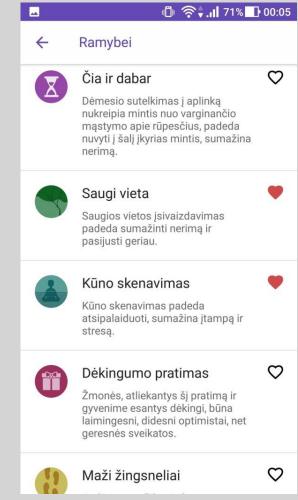






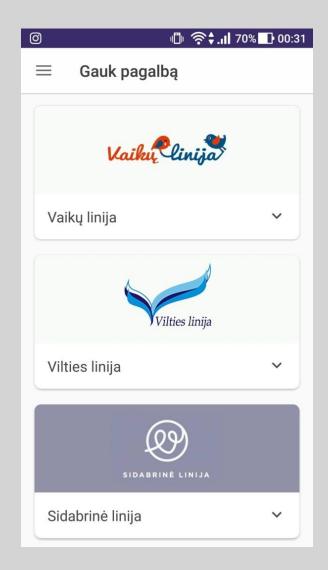


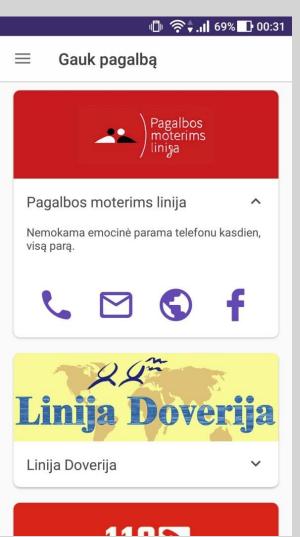






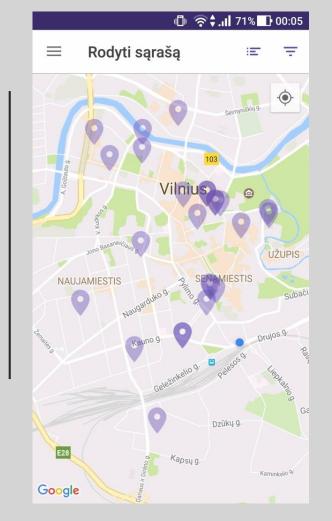


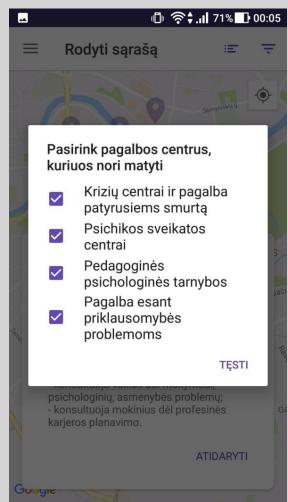






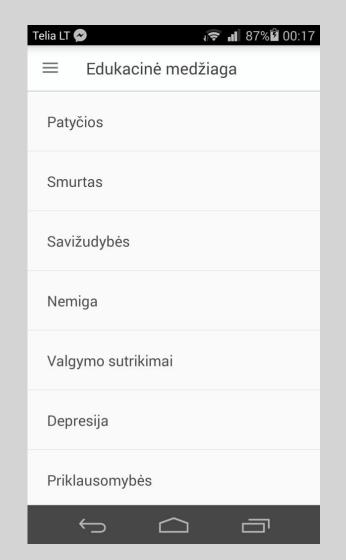
## Interactive map







## Educational information

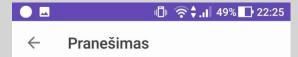


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NERVINĖ BULIMIJA		NERVINĖ ANOREKSIJA	KAIP ĮVEIKTI PERSIVALGYMĄ?	
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## Newsfeed





Geras juokas – didelė dovana ir vertybė. Jei mokame juokauti ir suprantame kitų žmonių juokus, tai reiškia, kad galime pažiūrėti į situaciją iš šono, gebame atsitraukti nuo savo egocentriškos pozicijos ir net pabūti kiek nepiktai kritiški sau. Be to, geras juokas yra be galo malonus ir tikrai padeda atsipalaiduoti. Juk sakoma, juokas – tai pats geriausias vaistas.

Tyrimai rodo, jog juokas gerina imuninę sistemą, gerina nuotaiką, mažina skausmą, suartina žmones.

Vaikai juokiasi šimtus kartų per diena, o suaugę surimtėjam ir tą darome gerokai rečiau.

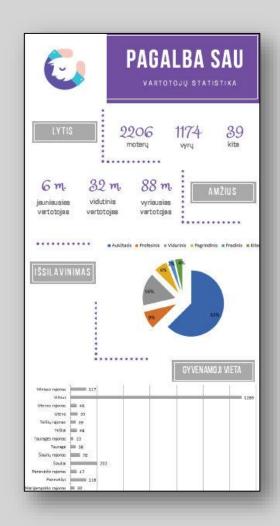
Svarbu rasti laiko ir erdvės savo gyvenime gerai pajuokauti ir pasijuokti, tai gerina mūsų emocinę sveikatą, stiprina santykius, prideda kelis gyvenimo metus ir suteikia laimę.

#### Užduotis jums:

Prisiminkite, kada paskutinį kartą juokėtės iki ašarų? Su kuo tuo metu buvote? Jei ne vienas, gal norėtumėte paskambinti tam žmogui ir pasidalinti prisiminimais? Galbūt vėl kartu skaniai pasijuokti?

Klinikinė psichologė – psichoterapeutė dr. A. Jurgaitytė-Avižinienė









## Users data



• Period: 17 months

- from: 15th of May, 2017

- till: 31st of October, 2018

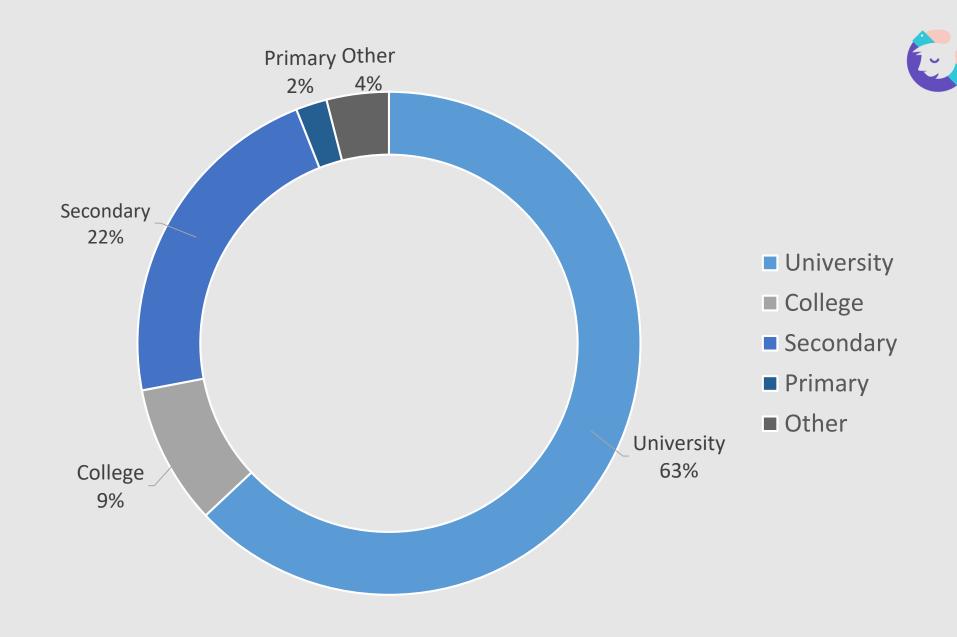
• <u>Users in total</u>: 10 098

• Average age: 31,62 years

- youngest: 6 year-old

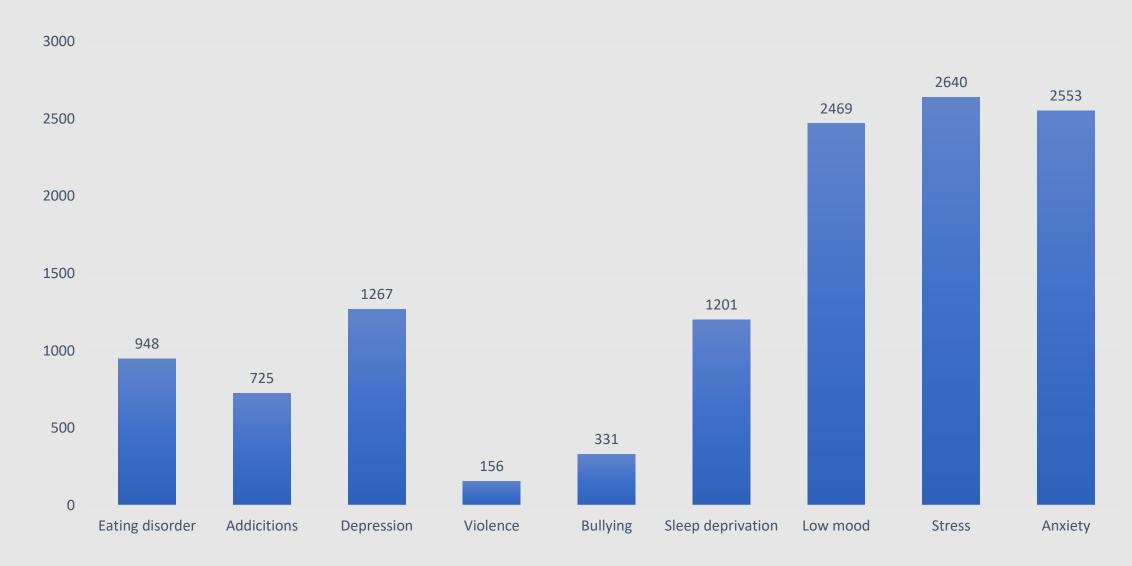
- oldest: 82 year-old

• <u>Gender</u>: 6009 women, 4089 men



Pagalba Sau

## MH problems





## What's next?



- Data analysis;
- Fixing and developing;
- Content creation (i.e. on newsfeed section);
- Algorithm development;
- Web platfrom

More information (in LT): http://sam.lrv.lt/lt/veiklos-sritys/visuomenes-sveikatos-prieziura/psichikos-sveikatos-stiprinimas/pagalba-sau



# Thank you for your attention!

### Kristina Medžiaušytė

Assistant to the Minister for Public Mental Health
Promotion and Prevention at the Ministry of Health,
Republic of Lithuania



kristina.medziausyte@sam.lt