

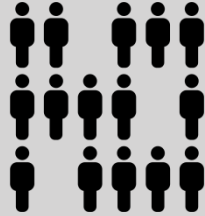
Promoting Mental Health in the Virtual World: Lithuania's Case

Kurk
Lietuvai 



2019-02-07

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.

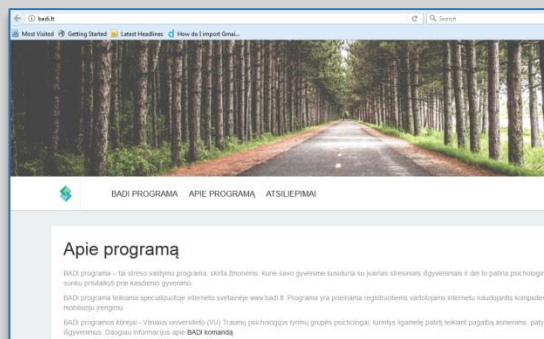
Types of interventions:

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

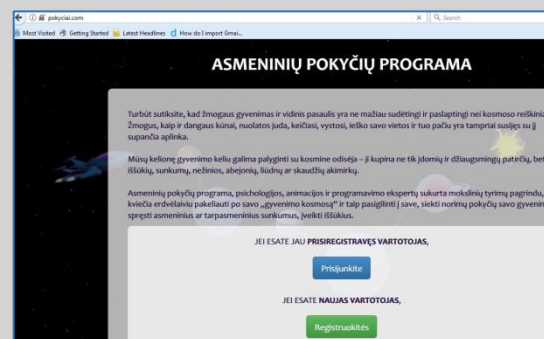
IT interventions in Lithuania

- 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

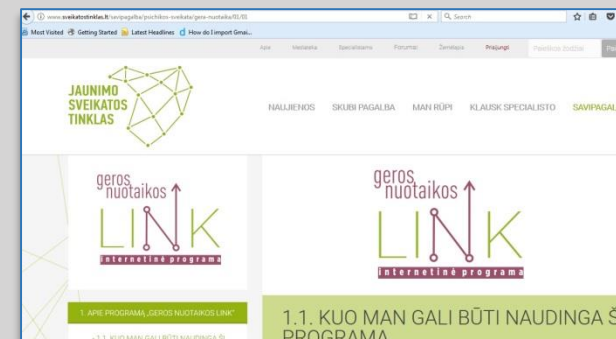
www.badi.lt



www.pokyciai.com



www.sveikatostinklas.lt



Google Play





Pagalba
Sau

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

Partners:

TeleSoftas
in touch with mobile



LIETUVOS RESPUBLIKOS
SVEIKATOS APSAUGOS MINISTERIJA

jaunimo linija
8 800 28888 | www.jaunimolinija.lt



VALSTYBINIS
PSIHIKOS
SVEIKATOS
CENTRAS



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

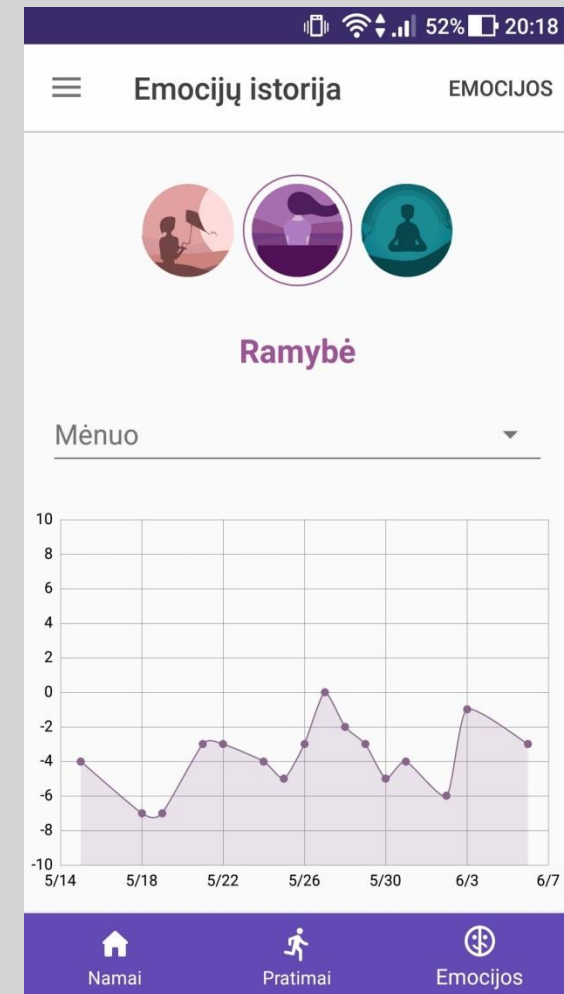
Application is created for free and it is free to use for everyone.

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.)

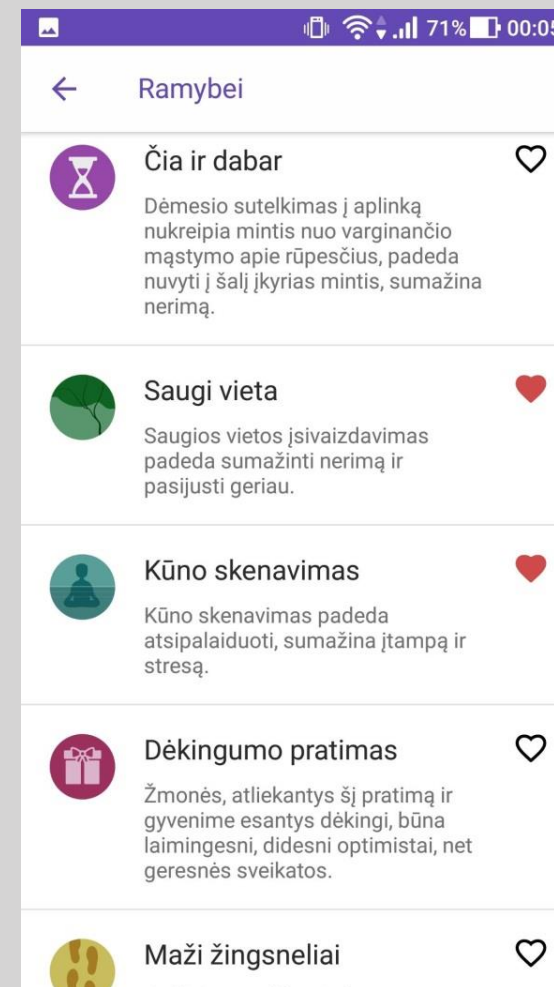
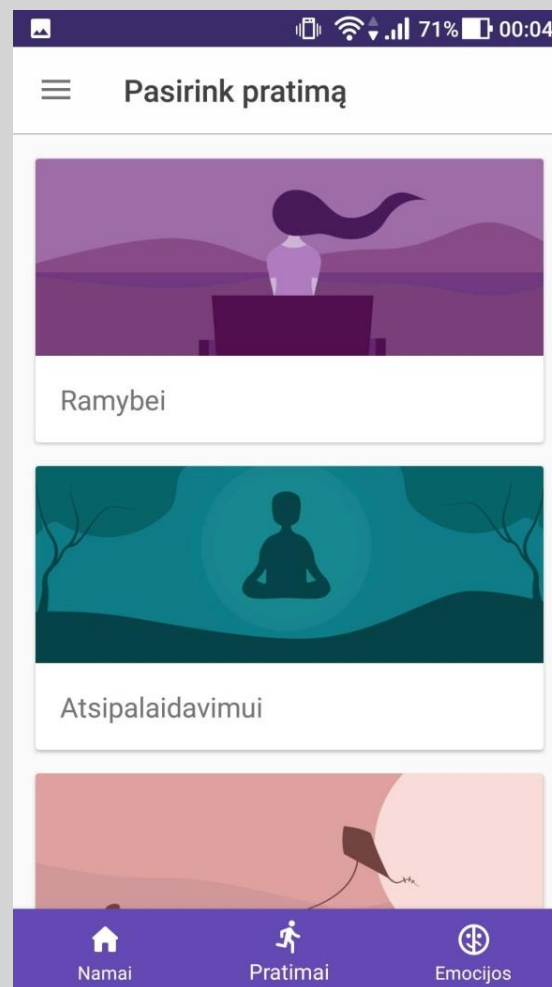
Emotion tracker





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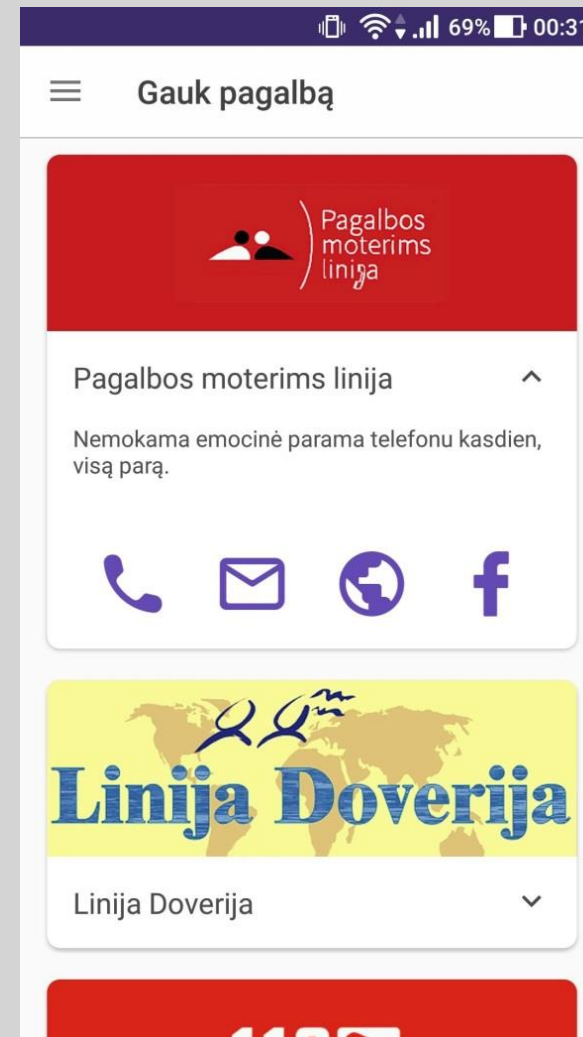
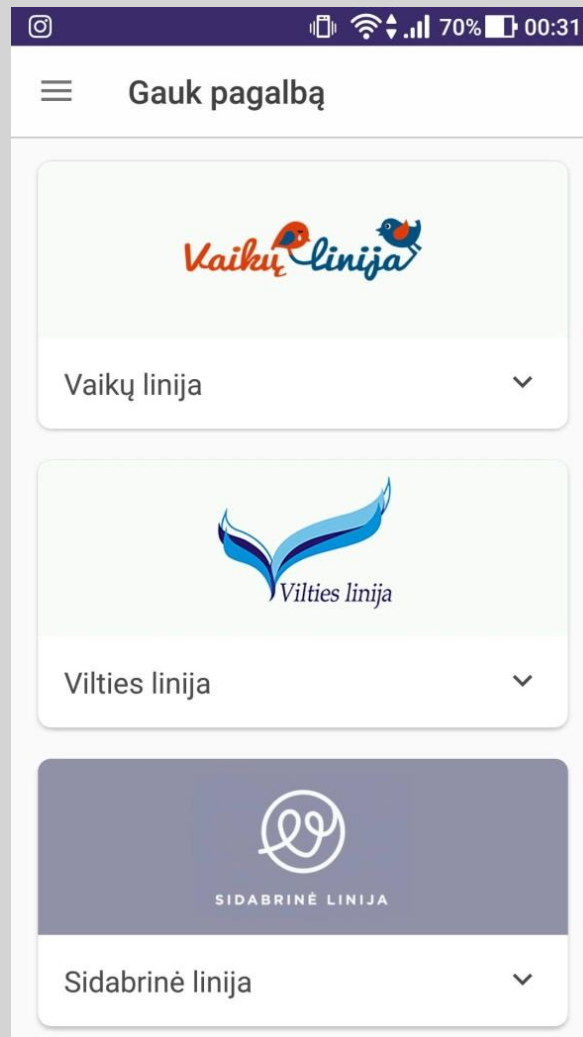
Exercises



Help-lines



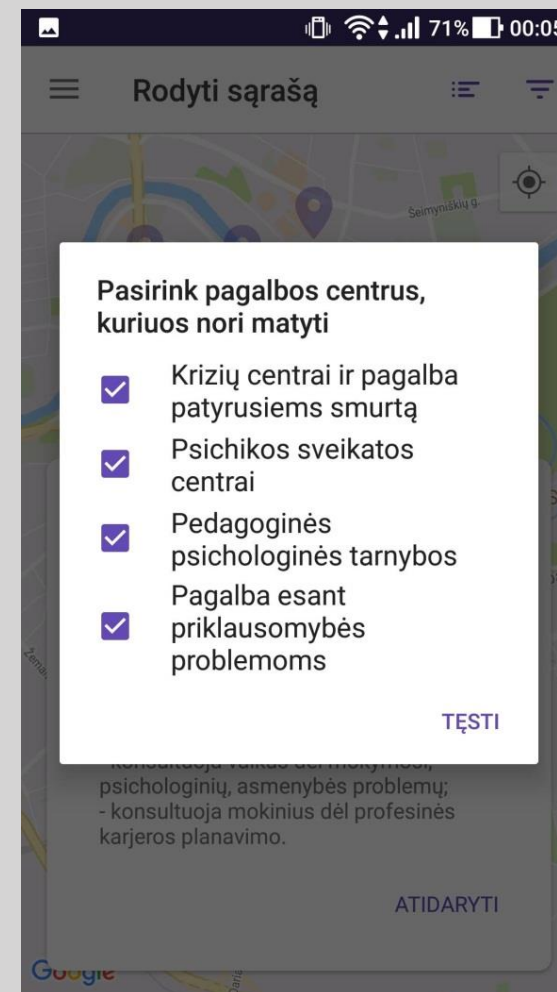
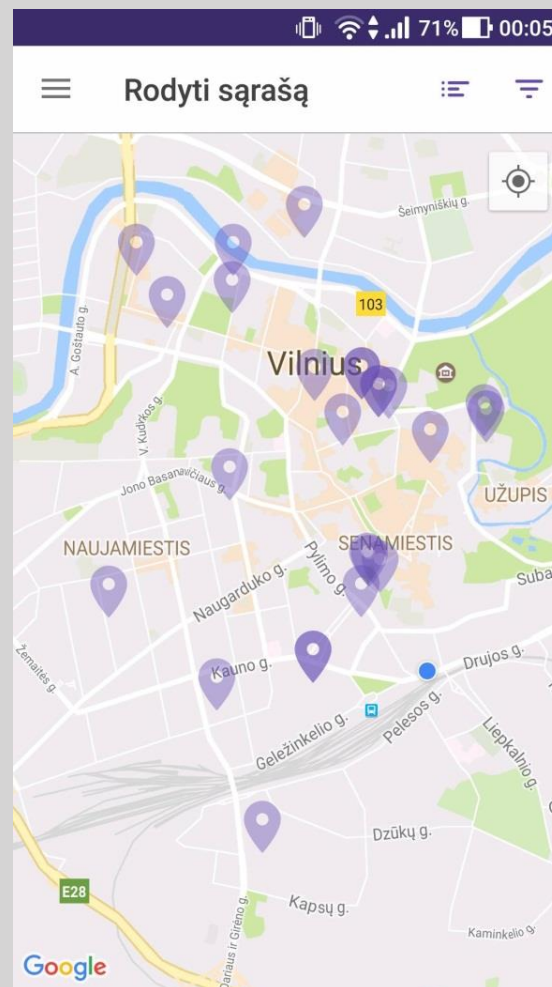
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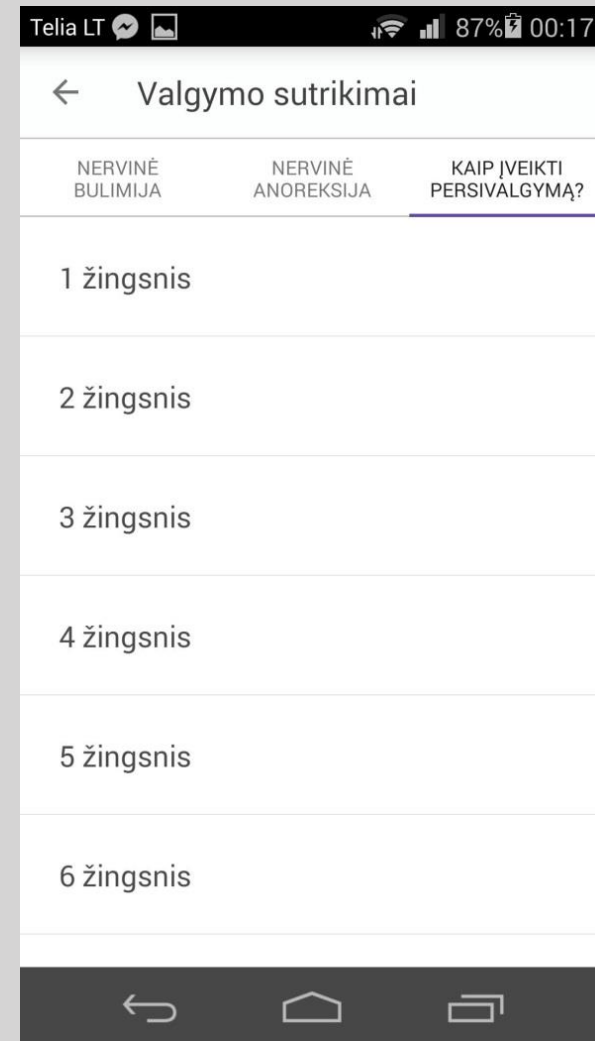
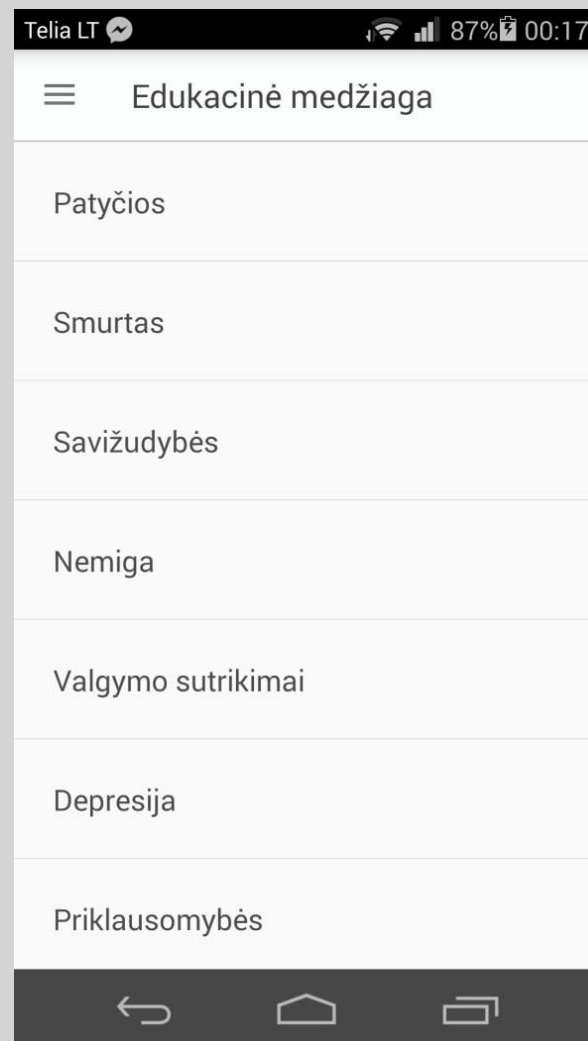
Interactive map



Educational information



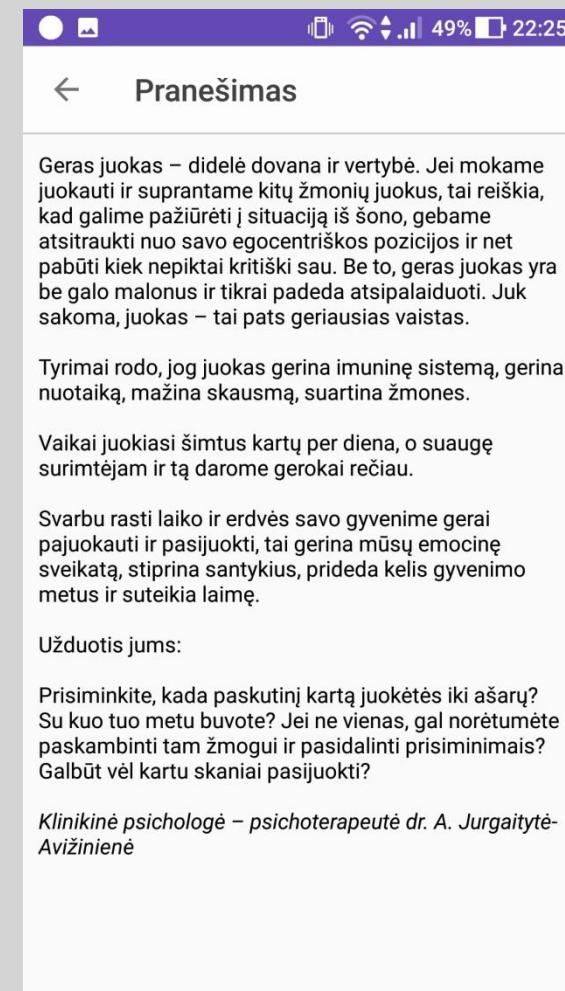
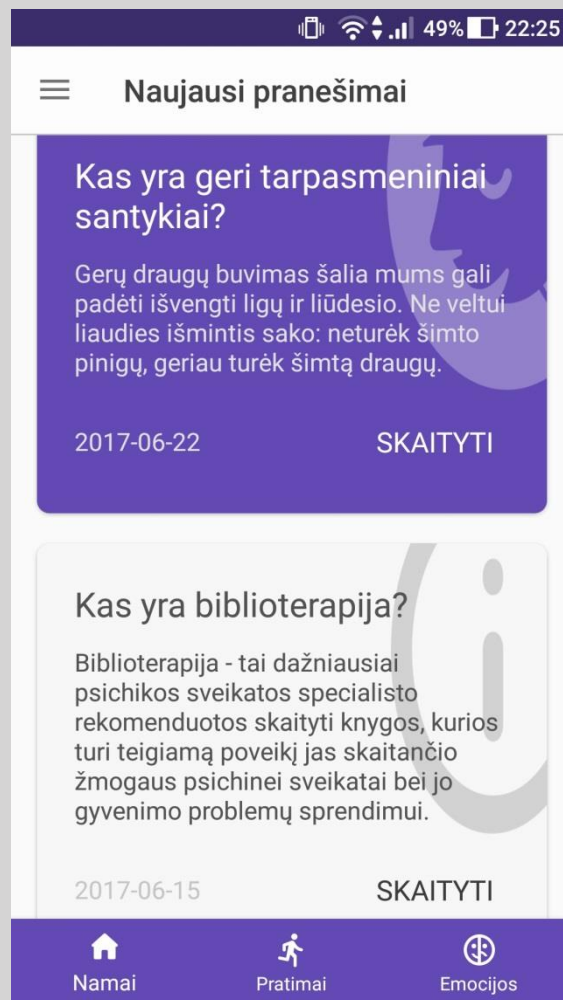
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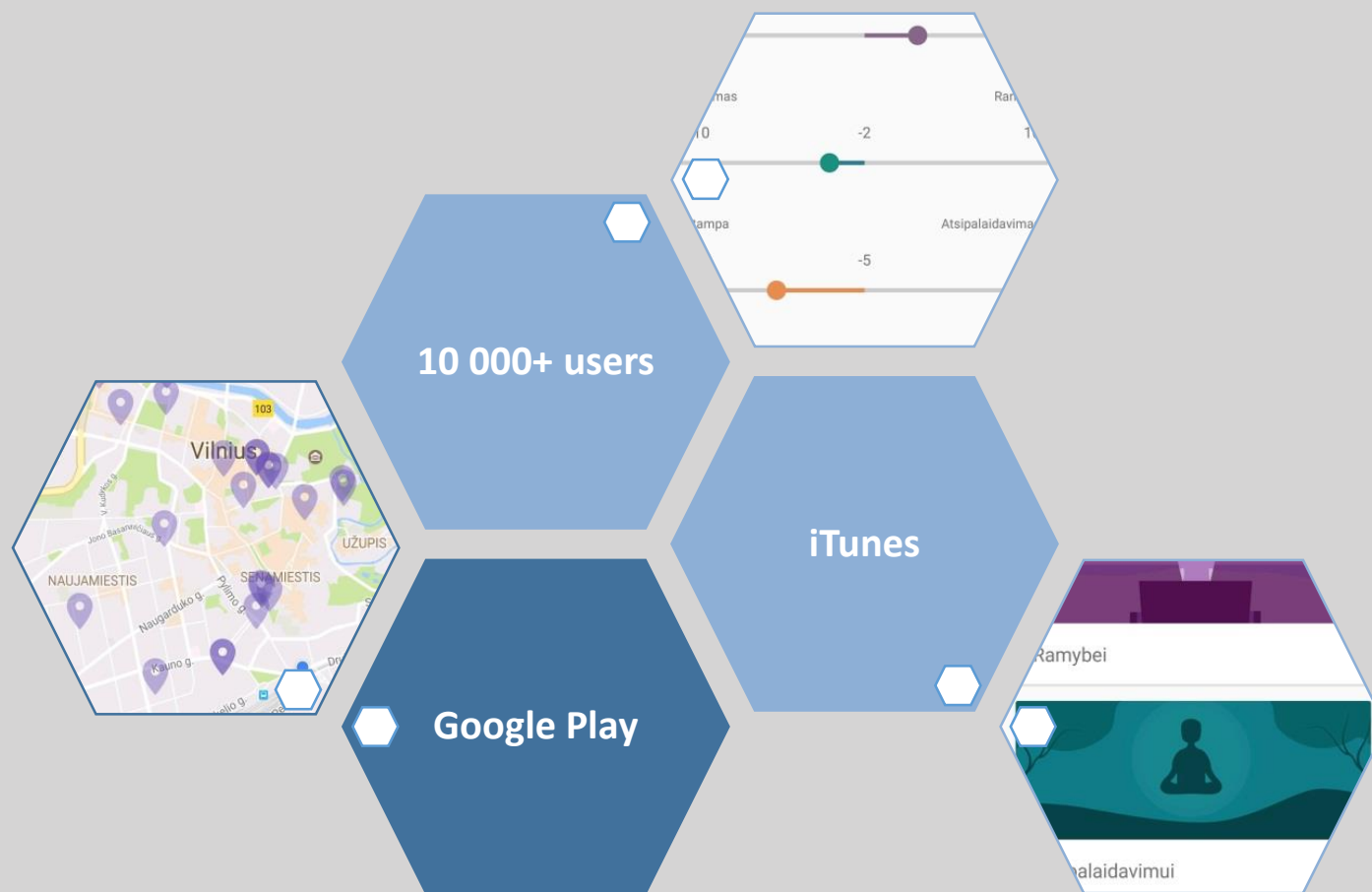
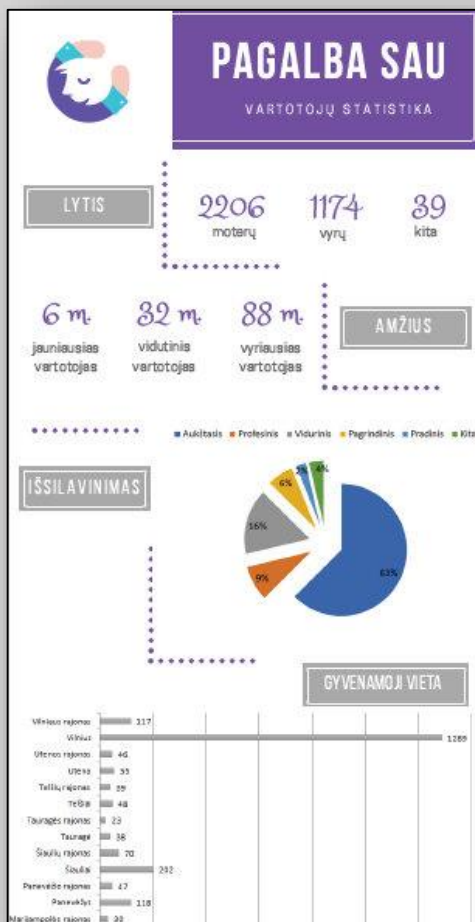


Newsfeed



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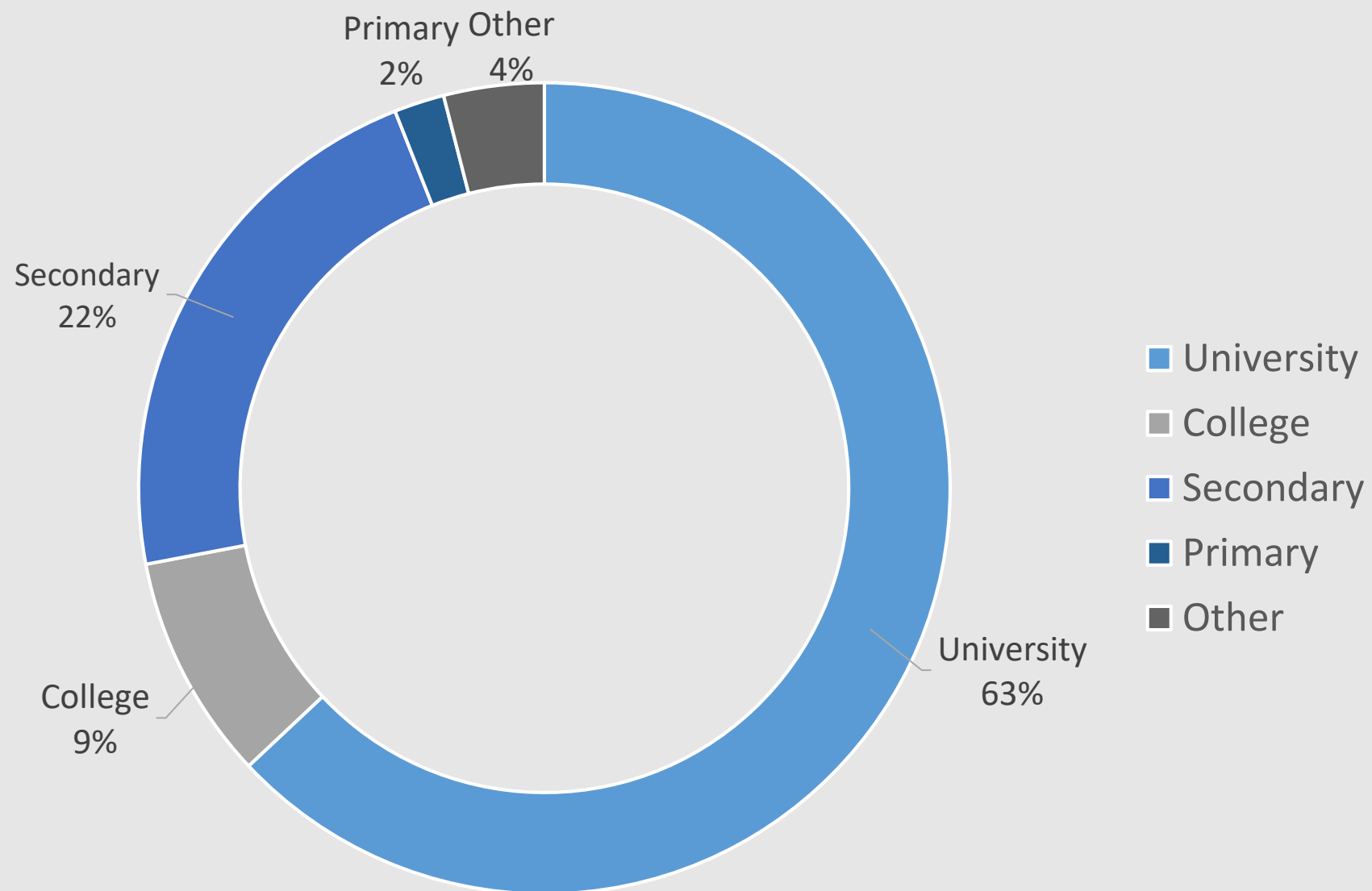


Users data

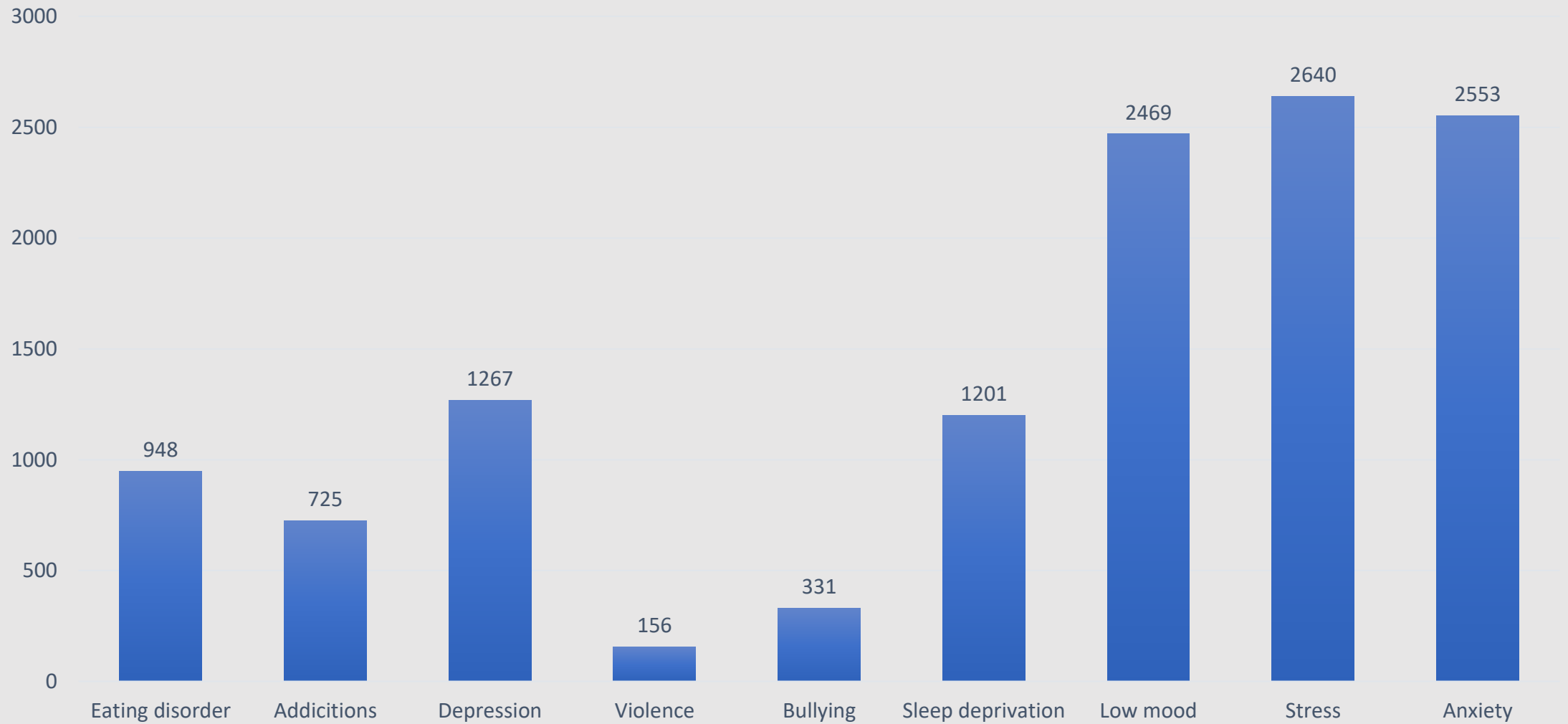


- Period: 17 months
 - *from: 15th of May, 2017*
 - *till: 31st of October, 2018*
- Users in total: 10 098
- Average age: 31,62 years
 - youngest: 6 year-old
 - oldest: 82 year-old
- Gender: 6009 women, 4089 men





MH problems



What's next?



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

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

Thank you for
your attention!

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