



INVITATION TO THE WEBINAR #4

DIGITAL MENTAL HEALTH

WEDNESDAY- 17 DECEMBER 2025 - 13:00 - 14:30 (CET)

Understanding the impact of digitalisation on youth mental health requires more than awareness – it calls for critical reflection and responsible action.

This webinar will explore how digital tools, including AI, are reshaping the way young people access mental health support. It will feature practical examples from the MEET project and beyond – highlighting both the promises and the pitfalls of digital mental health solutions.

Experts and practitioners will share insights, tools, and real-life experiences that help educators, youth workers, and policymakers navigate the ethical, technical, and emotional dimensions of supporting youth online. Participants will leave with practical knowledge and strategies to use digital tools more safely and effectively – ensuring that mental health support for young people remains inclusive, ethical, and grounded in their lived realities.



Welcome and introduction



Digital Mental Health Promotion in Slovenian Youth: The Impact of an Online Counselling Program

Domen Kralj, mag. psih. National Institute of Public Health



MEET digital tool – MindCraft

Laura Fotulová, Technical University of Košice



Digital environments and their impacts on mental health

Rayan Temara, policy officer, Mental Health Europe



Current use of AI for mental health: challenges and opportunities

Tom Van Daele, clinical psychologist, research coordinator at Thomas More University of Applied Sciences



Discussion and exchange of experience

The webinar is organised as part of the MEET project, that aims to build capacities for youth mental health promotion in formal and nonformal education and training through the development of inclusive and innovative tools and materials. As a result, the project will help to combat mental health problems among young people and enable a better educated workforce and contribute to reduced labour shortages.

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KRALJ****Domen Kralj, mag. psih.**

Psychologist specialising in child and adolescent mental health at the National Institute of Public Health. He plays a key role in implementing the national mental health programme and contributes to strategic public health initiatives for young people. Since 2017, he has been actively involved in the preventive programme #Tosemjaz, where he works on development of online counselling services and school prevention activities. He also leads the national project Early Identification of Mental Health Disorders in Youth. He is trained in cognitive-behavioural therapy and provides psychological counselling at the Posvet Psychological Counselling Centre.

Ing. Laura Fotulová

Laura is a project manager and part of the team at Technical University of Košice (Slovakia) which was responsible for the development and design of the MEET digital tool MindCraft – designed to strengthen mental health literacy among young people through interactive, youth-friendly features.

**LAURA
FOTULOVÁ****RAYAN
TEMARA****Rayan Temara**

Rayan Temara is Policy Officer for Digitalisation and Health at Mental Health Europe. He works to ensure that digital transformation supports mental well-being, inclusion, and human rights.

Before joining MHE, he worked in the education and digital rights sector and contributed to European expert groups on digital policy. Holding a master's in political communication and lobbying, Rayan is passionate about how technologies shape society and how policy can make innovation serve the public good.

Dr. Tom Van Daele

As a clinical psychologist, Tom Van Daele examines how technology can strengthen mental health policy and practice. He identifies what works, how it can be implemented, and which conditions support meaningful use. He is the research coordinator for Psychology and technology at Thomas More University of Applied Sciences, an honorary professor at Queen's University Belfast, and a research fellow at KU Leuven.

**TOM VAN
DAELE**