

INDICATORS FOR STRATEGIES AND CHALLENGES OF YOUTH MENTAL HEALTH SUPPORT INTERPRETED AS MENTAL HEALTH TECHNOLOGY DESIGN CHALLENGES

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METHODS

Semi-structured interviews with mental health practitioners in Austria and the United Kingdom were conducted with the goal of identifying shared strategies and challenges when promoting youth mental health. The interviews were evaluated using Thematic Analysis, and subsequently juxtaposed with relevant literature.

RESULTS / DISCUSSION

We found indicators for consistent strategies and challenges relating to mental health promotion in young people across Austria and the UK, different mental health professions, different paradigms of care, for different ages, and for different types of young people, which could be linked back to relevant literature.

CONCLUSION

It may be possible to support a wide range of mental health promotion efforts by focusing on mental health technology to address these consistently applied strategies and challenges.

