The Swedish Red Cross's web hub for mental health, dissemination of knowledge and involvement of the target groups
2020: The year when nothing was as usual

At the start of the pandemic, the Swedish Red Cross saw increased concern in society and chose to develop a digital platform to increase knowledge about and to provide support for mental health issues.
Anxiety
Stress
Grief
How to take care of yourself after a crisis
How to support someone after a crisis
How to talk with children about difficult issues
How we react to trauma
How?
HUR MÅR DU?
For whom?
Further development

- More themes
  - Suicide
  - EU4Health

- Digital solutions

- Interaction
Thank you! (Tack!)