

Preliminary Programme

Nordic Mental Health Summit 2026

September 1-2, 2026

CPH Conference, Tietgensgade 65, 1704 Copenhagen V.

Mental Health and Well-Being among Children and Young People in the
Nordic Countries: Prevention, Early Intervention and Digital Well-Being

Organized by the Danish Health Authority in the framework of the Nordic Council of Ministers.

September 1

Well-Being, Prevention and Early Intervention

Moderator: Mark Stokholm, journalist and television anchor at the Danish Broadcasting Corporation

Time	Agenda
09:00	Registration and light breakfast Luggage storage is possible on site.
10:00	Welcome and opening remarks • Ida Auken, Minister for Health of Denmark • Jonas Egebart, Director General of the Danish Health Authority.
10:20	Interview: Young People's Perspectives on Mental Wellbeing • Iris Borg Rundqvist from the Nordic Committee for Children and Young People (NORDBUK), and Andreas Nielsen and Frederik Hjortholm, Mindhelper's Youth Panel.
10:35	Nordic Data: Mental Health Challenges and Psychiatric Diagnoses among Children and Young People • <i>Presentation 1:</i> "Trends in Well-Being Among Nordic and Baltic Youth: Insights from the Health Behaviour in School-aged Children Study", World Health Organization, Regional Office for Europe. • <i>Presentation 2:</i> "Psychiatric Diagnoses Among Children and Young People in the Nordic Countries: Statistics from Nordic Medico-Statistical Committee", Sebastian Refsgaard Amstrup, The Danish Health Data Authority.

11:10	Nordic Expert Panel: Understanding the Rise in Mental Health Challenges and Psychiatric Diagnoses among Children and Youth • Dea Seidenfaden, Chair of the Danish Psychological Association • Merete Konnerup, Head of Research and Development at Mental Health Foundation Denmark (Psykiatrifonden) • Representative from WHO Regional Office for Europe • Helga Ask, Professor at the Norwegian Institute of Public Health, co-director of the PsychGen Centre for Genetic Epidemiology and Mental Health • Tina Dam, Head of Programme, UNICEF Greenland.
11:40	A Danish Response to a Nordic Challenge: Recommendations from the Danish Well-Being Commission • Vibeke Jenny Koushede, Member of the Danish Well-Being Commission and Dean of The Faculty of Social Sciences at the University of Copenhagen, Denmark.
12:00	Lunch at third floor
13:00	Getting Off to a Good Start: Why the Early Years Matter and its practical implications • <i>Presentation 1:</i> Mette Skovgaard Væver, Professor and Director at Centre of Excellence in Early Intervention and Family Studies at the University of Copenhagen and professor at the National Institute of Public Health, SDU, Denmark. • <i>Presentation 2:</i> "The First 1000 Days in the Nordic Countries – Policy recommendations" by Sigrún Danielsdóttir and Jenný Ingudóttir, the Directorate of Health, Iceland.
13:40	Easily Accessible Service at the Municipal Level: A Cross-Sectoral Collaboration on Children and Adolescent Mental Health • "The STIME programme" by Katrine Bærentzen, Head of Child and Adolescent Psychiatric Center, Capital Region, Denmark and Jon Sparre Bach Conrad, Lead Psychologist at Educational Psychology Services (PPR) in Høje-Taastrup Municipality, Denmark.
14:10	Digital Support for Early Interventions • Marie Paldam Folker, Director of the Centre for Digital Mental Health, Region of Southern Denmark.
14:30	Break
14:50	Learning across borders: Headspace Denmark-Inspired Model in Ukraine • Nina Moss, Head of International Department at Headspace Denmark and representative from Youth Space 12-21 Ukraine.
15:15	International Health Authority Collaboration: The Denmark-Ukraine Partnership • Christian Krone, former Senior Advisor at the Danish Health Authority and Ukrainian colleague.
15:45	Group discussions: Reflections and Key Takeaways

16:00	Closing Remarks Nanna Skovgaard, Deputy Director General, Danish Health Authority.
16:15	Free time Summit participants have complimentary access to the DGI-Byen Water Culture House (swimming pool) on site. Entry pass can be collected at the reception.
18:00	Networking Dinner Vestauranten, DGI Byen, Tietgensgade 65, 1704 København.

September 2

Prevention and Early Intervention (part II) and Digital Well-Being

Moderator: Mark Stokholm, journalist and television anchor at the Danish Broadcasting Corporation

Time	Agenda
08:15	Light breakfast Luggage storage is possible on site.
09:00	Welcome and Introduction to day 2
09:15	Implementing Cross-Sectoral Solutions: What Makes Collaboration Work? <i>Presentation 1:</i> "Best for Us" by Jan Mainz, Professor and Programme Director for Best for Us and Pernille Bendtsen, Senior Project Manager, Novo Nordisk Foundation, Denmark. <i>Presentation 2:</i> "No Child or Young Person Left Behind: Building Cross-Sectoral Capacity for Systems Change" by Solveig Korum, Chair, Task Force on Inclusion of Children and Youth, Research Council of Norway. <i>Presentation 3:</i> "Social and Emotional Learning in Schools", by Sigrún Danielsdóttir, the Directorate of Health, Iceland. <i>Group discussions and plenary.</i>
10:15	Break
10:30	Reducing Waiting Times in Child and Adolescent Mental Health Services <i>Presentation 1:</i> "Revision of Mental Health Services for Children to Reduce Wait and Improve Quality" by Sandra Sif Gunnarsdóttir, Specialist, Icelandic Ministry of Health. <i>Presentation 2:</i> "How Can We Address Long Waiting Times in Child and Adolescent Mental Health Services, and What Does Treatment Involve?" by Nina Tejs Jørring, Chair of the Danish Society of Child and Adolescent Psychiatry and Julie Hagstrøm, Deputy Director, Danish Health Authority, Denmark. <i>Group discussions and plenary.</i>

11:30	Nordic Expert Panel: Working Together for Mental Health and the Treatment of Mental Disorders – Addressing Challenges Through Shared Solutions • Dea Seidenfaden, Chair of the Danish Psychological Association • Merete Konnerup, Head of Research and Development at Mental Health Foundation Denmark (Psykiastrifonden) • Helga Ask, Professor at the Norwegian Institute of Public Health, co-director of the PsychGen Centre for Genetic Epidemiology and Mental Health • Tina Dam, Head of Programme, UNICEF Greenland.
12:00	Lunch at third floor
13:00	Digital Habits and the Developing Brain • Sissela Nutley, Researcher, Department of Clinical Neuroscience, Karolinska Institutet, Sweden.
13:30	Flash Talks: Recommendations on Screen Use from Nordic Health Authorities • Jens Kristoffersen, Senior Advisor, Danish Health Authority • Runar Elle Smelror, Senior Advisor, Norwegian Directorate of Health • Sara Fritzell, Senior Analyst, The Public Health Agency of Sweden • Päivi Lindberg, Chief Specialist, Finnish Institute for Health and Welfare Finland.
14:00	Break
14:15	Screen Use and Children's Mental Health • Aida Bikic, Associate Professor, Department of Clinical Research, Research Unit of Child and Adolescent Psychiatry, University of Southern Denmark.
14:45	Youth Panel: Well-Being and Digital Lives • Iris Borg Rundqvist, Nordic Committee for Children and Young People (NORDBUK) • Tobias Pohl, Nordic Youth Panel • Olivia Braad Honoré, Nordic Youth Panel • Andreas Nielsen, Mindhelper Youth Panel • Frederik Hjortholm, Mindhelper Youth Panel.
15:15	Plenary: Key Takeaways from the Summit
15:30	Closing Remarks • Nanna Skovgaard, Deputy Director General of the Danish Health Authority.

Venue map CPH Conference, Tietgensgade 65, 1704 Copenhagen V.

