OVERVIEW

Digital methods of mental health promotion in school environment

Digital methods are widely recognized as a key tool for health promotion. Even terms as "electronic health" (eHealth) and "mobile health" (mHealth) have been familiar to puplic for more than two decades[1], their wider use for health promotion still hardly exists[2]. Implications of digital methods for mental health promotion in schools may vary from country to country, depending on their cultural context and experience. Globally, studies highlight the use of online technologies among youth as a promising opportunity to increase access to evidence-based mental health resources[3].

Benefits and Challenges
Using digital methods and intervention as gaming and chatbots offer an opportunity to solve problematic situations that traditional face-to-face methods are lacking[4], such as supporting children's communication and problem-solving skills, empathy and emotional competence[5]. School-based mental health promotive programs have recognized as practical and beneficial for all groups of children and parents, since more than 90% of school aged (age 5–15) children attend primary schools globally[3]. That being said, the school is a place to foster mental health efficially[3], but this requires teachers' adherence to eHealth related solutions and constant professional development. Thus digital methods in school environment challenge teachers in terms of professional competence. Expanding prevalence of digital health also requires "digital determinants of health" as knowledge on digital solutions, and the engagement of different sectors and stakeholders at all levels[6]. Moreover, the safety concern is that global challenge of digital waste (health data and the environment) must be responsively managed[6]

The future of digital methods
As stated, the schools play the key role providing mental health promotive approaches[6], guided by the four (4) main principles In regards to WHO's global strategy for the appropriate and sustainable adoption of digital health technologies. WHO's principles states that 1) *health in the national health system requires a decision and commitment by countries;* 2) *successful digital health initiatives require an integrated and national, context specified strategy* that suits it local cultural surroundings; 3) *using the appropriate ways of digital technologies of health* for the protection of people, populations, health care professionals and systems against misinformation and the misuse of information, malicious cyber activities, fraud and exploitation, inappropriate use of health data, racism and human rights violations, and 4) there is an urgent need to support developing countries to implement digital health technology, such as building infrastructure to support the digital transformation, education, human capacity, financial investment and internet connectivity.

> Remember this:
> - Schools' potential place to foster social and emotional skill of children as they reach great number students and families
> - Room to be creative in forms of digital mental health promotion!
> - Consider digital safety concerns as data management and proper source of information
> - School staff's adherence plays to key role in digital mental health promotion

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