



Monday, October 10, 2022 | Zappeion Megaron Athens, Greece

# 1st Wellbeingr Forum

Mental Health at the Heart of Global Development Strategies



**Make mental health and well-being for all a global priority**

WHO for World Mental Health Day 2022

#WorldMentalHealthDay

## AGENDA

---

**09:30-10:10 | REGISTRATION | COFFEE**

---

**10:10-10:20 | WELCOME ADDRESSES**

---

**10:20-10:35 | KEYNOTE ADDRESS**

### MENTAL HEALTH AT THE HEART OF GLOBAL DEVELOPMENT STRATEGIES



**Zoe Rapti**

Deputy Minister of Health

---

**10:35-10:45 | INTRODUCTION**

### NEW DIGITAL TECHNOLOGIES IN YOUTH MENTAL HEALTHCARE



**Vasileios P. Bozikas**

President

Hellenic Psychiatric Association

---

**10:45-11:45 | OPENING ADDRESSES**

### GLOBAL TRENDS IN HUMAN PROGRESS, WELLBEING, AND SOCIAL PROSPERITY



**Introduction**

**John Yfantopoulos**

Professor of Health Economics

Director of MBA

University of Athens, Health Management



**Margaritis Schinas**

Vice-President

Commissioner for our European Way of Life  
European Commission, Belgium

Video



**Nancy Hey**

Executive Director

What Works Wellbeing, UK

Virtual

*Stress, Wellbeing, Health, and Happiness*

**George Chrousos**



Professor of Pediatrics and Endocrinology Emeritus  
Holder, UNESCO Chair on Adolescent Health Care,  
Director, University Research Institute  
of Maternal and Child Health  
and Precision Medicine, University of Athens  
Medical School, Aghia Sophia Children's Hospital

**SESSION CONCLUSIONS**

10' Anti-Stress Break

---

**11:45-12:45 | ECONOMICS OF HAPPINESS: FACTS AND FIGURES**



**Alden Lai**

Executive Advisor, Wellbeing for Planet Earth  
Foundation and Assistant Professor  
New York University, USA

Virtual



**Carrie Exton**

Acting Senior Counsellor and Deputy Director  
OECD Centre for Wellbeing, Inclusion,  
Sustainability and Equal Opportunity, France

Virtual



**Joanne Smithson**

Head of Implementation & Learning & Local Government  
& Health Sector Lead  
What Works Wellbeing, UK



**Moderator**

**John Yfantopoulos**

Professor of Health Economics  
Director of MBA  
University of Athens, Health Management

**DISCUSSION**

5' Anti-Stress Break

---

**12:45-13:30 | LUNCH**

---



**Kostis Hatzidakis**

Minister  
Ministry of Labor and Social Affairs



**Manal Azzi**

Team Lead Occupational Safety and Health  
International Labor Organization (ILO)  
Switzerland

Virtual



**Sotirios A. Koupidis**

Occupational Doctor  
President, Pan-Hellenic Federation  
of Social Cooperatives (ΠΟΚοιΣΠΕ)

Virtual



**Irene Bardani**

President  
Hellenic Institute for Occupational Health  
and Safety (ELINYAE)



**Georgios Papadimitriou**

Partner, EY Greece  
Accounts and Markets Leader  
Central, Eastern and Southeastern Europe  
& Central Asia



**Moderator**

**Ioanna Fanarioti**

HR Director  
EY Greece & South CESA Cluster

DISCUSSION

5' Anti-Stress Break

14:30-15:30 | TRENDS AND STRATEGIES TO IMPROVE MENTAL HEALTH AND WELLBEING  
THE ROLE OF CULTURE AND ARTS



**Nicholas Yatromanolakis**  
Deputy Minister  
Ministry of Culture and Sports



**Dr. Jess Bone**  
Research Fellow in Epidemiology and Statistics  
UCL Research Department  
of Behavioural Science and Health  
Institute of Epidemiology & Health Care, UK

Virtual



**Antigoni Leonti**  
Psychologist  
Athens Alzheimer Association



**Moderator**  
**Dr. Sophia Handaka**  
Department of World Cultures - Curator  
Benaki Museum and Co-founder  
CoMuseum International Conference

DISCUSSION

---

**15:30-15:45 | KEYNOTE ADDRESS**  
**MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT IN PEACEBUILDING**



**Nika Saeedi**  
Team Leader, Prevention of Violent  
Extremism, CPPRI, Crisis Bureau, UNDP

Virtual

---

**15:45-16:00 | BREAK**

---

**16:00-17:00 | MENTAL HEALTH AND THE URBAN ENVIRONMENT: DESIGNING SUSTAINABLE CITIES  
FOR HAPPY CITIZENS**



**Dimitris Papastergiou**  
Mayor of Trikala  
President, Central Union of Municipalities of Greece (KEDE)



**Constantinos Machairas**  
Country Coordinator for Greece  
EU Climate Pact



**Denia Kolokotsa**

Dean, Chemical and Environmental  
Engineering School  
Technical University of Crete

Virtual



**Jenny Roe**

Mary Irene DeShong Professor of Design & Health  
School of Architecture  
University of Virginia  
Director, Centre of Design & Health, USA

Virtual



**Moderator**

**Menelaos Theodoroulakis**

President  
PEPSAEE

**DISCUSSION**

**5' Anti-Stress Break**

**17:00-17:10 | MAKE MENTAL HEALTH AND WELL-BEING FOR ALL A GLOBAL PRIORITY**



**João Breda**

Head, WHO Athens Quality of Care and Patients  
Safety Office, Special Adviser  
for the Regional Director

Video

**17:10-17:20 | KEYNOTE SPEECH**

**Petros Levounis**



President-Elect, American Psychiatric Association,  
Professor and Chair, Department of Psychiatry,  
and Associate Dean, Rutgers New Jersey Medical School  
Chief of Service, University Hospital  
Director, Northern NJ MAT Center of Excellence

Virtual

**17:20-17:30 | FORUM CONCLUSIONS**

**POSITIVE PSYCHOLOGY - WELLBEING & HAPPINESS**



**Anastassios Stalikas, Ph.D.**

Professor of Psychology and President  
Psychology Department Panteion University  
President, Hellenic Society of Positive Psychology

**17:30-18:00 | BREAK**

**18:00-18:30 | ENTRANCE AT THE PERISTILION**

**18:30-19.00 | END OF THE 1<sup>st</sup> WELLBEING FORUM**



**Kyriakos Mitsotakis**

Prime Minister of Greece

**19:00-20:00 | RECEPTION**

Πλατινένιος Χορηγός / Platinum Sponsor



Χρυσός Χορηγός / Gold Sponsor



Ασημένιοι Χορηγοί | Silver Sponsors



Υποστηρικτές / Supporters



ΟΚΕΑΝΙΣ



Χορηγοί Επικοινωνίας / Communication Sponsors

