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Together4MH Open Kick-off Conference

Promoting Mental Health in Education and Working Life

Day 1, 13 October 2026

Location: Høgskulen på Vestlandet/Western Norway University of Applied Sciences, Campus Bergen (Kronstad 2), Inndalsveien 28, 5063 Bergen. Room: M004

08:00–09:00 | Creative morning: Registration, coffees and live art

09:00–09:40 | Opening

09:00 – 09:10 Official opening Christine Øye

Pro-Rector for Research, Western Norway University of Applied Sciences

09:10 – 09:40 Together4MH: Promoting mental health where people learn and work

Professor Christian Moltu, Project Coordinator, Western Norway University of Applied Sciences

State-of-the-art perspectives from the Together4MH consortium

09:40–10:40 | Session 1: Mental health, education and young people

09:40-10:00 University of Roehampton, United Kingdom

Professor Mick Cooper: Mental Health and Wellbeing in Schools

10:00-10:20 KU Leuven, Belgium.

Professor Melissa De Smet: Youth perspectives in rapidly changing times: A methodological quest

10:20-10:40 Häme University of Applied Sciences (HAMK), Finland

Professor Liisa Postareff: Student and teacher wellbeing in higher education

10:40–11:00 | Coffee break

11:00–12:00 | Session 2: Mental health, wellbeing and work

11:00-11:20 Norwegian University of Science and Technology (NTNU), Norway

Professor Siw Tone Innstrand or Marit Christensen: Healthy workplaces - What, why and how?

11:20-11:40 Universitat Jaume I (UJI), Spain

Professor Marisa Salanova: Positive Psychological Interventions in Healthy Organizations

11:40-12:00 Euro Accident, Sweden

Chief psychologist Tor Levin Hofgaard: Same symptom, different risk - Why occupational risk modelling challenges diagnostic thinking in mental health promotion



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12:00–13:00 | Lunch

13:00–14:20 | Session 3: Methods and approaches for complex interventions

13:00-13:20 Masaryk University (MUNI), Czech Republic

Professor Tomáš Řiháček: How to measure well-being: Conceptual and methodological challenges

13:20-13:40 Norwegian University of Science and Technology (NTNU), Norway

Professor Ottar Ness: Co-creating change in complex systems: relational and participatory approaches to complex Interventions

13:40-14:00 Helse Førde Hospital Trust

Researcher Andrew McAleavey: Identifying the “right” intervention for each person - matching diverse people with heterogeneous interventions

14:00-14:20 Western Norway University of Applied Science

Professors Eli Natvik and Lillian S. Bruland: Together - why and how?

14:20–15:00 | Coffee break and optional health-promoting guided activity

15:00–16:00 | Session 4: Implementation, policy and sustainable change

15:00-15:20 University of Bergen, Norway

Professor Roger Strand: Ethics and Responsible Research in Together4MH

15:20-15:40 Danish Healthy Cities Network

Hanna Dunning: From Policy to Place - Creating Health Where People Learn, Work, Play, and Love

15:40-16:00 Western Norway University of Applied Sciences (HVL), Norway

Professor Susan Douglas: The Work is the Learning - Designing for Collective Capacity, Innovation, and Impact

16:00–16:15 | Refreshments and break

16:15–16:50 | Closing conversation: What will it take to make mental health promotion part of everyday life?

Panel conversation with representatives from stakeholder panels, education, working life, research and policy. Dialogue.

**17:00–17:10 | Two observations, one piece of art and the road ahead:
Closing of the open conference program**

Professor Christian Moltu, Project Coordinator, Western Norway University of Applied Sciences



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Live art throughout the day

Throughout the conference, artist Trine Sejrup will create a large-scale artwork live in the venue. The piece will grow out of the conversations, encounters, ideas and atmosphere of the day, with a particular focus on human connection, what promotes good mental health, and the importance of community and safety.

You are invited to take part: share a word, a thought, a feeling or a reflection with the artist as the day unfolds. These impressions may find their way into the developing artwork — interpreted freely through the artist's own visual language.

The finished work will be shown as part of the closing of the conference, offering a visual representation of our shared starting point as we begin the Together4MH project together.