

Mental Health in a Connected Age: the impacts and opportunities of social media

10 July 2019

Dr Dickon Bevington, Consultant in Child and Adolescent Psychiatry.

What is an adolescent? How do the minds of adolescents grow, and what makes for a healthy or an unhealthy mind? Does social media make any difference to the process of making minds, and how should what we know affect what we do with our phones and tablets? Dr Bevington will talk about the development of brains and minds and how the new environment of digital connectivity both changes everything and changes nothing.

Where there are cautions they will be as much for the adults around young people as for young people, and the opportunities from social media that go along with the risks are not ignored.

Dickon is a Consultant in Child and Adolescent Psychiatry for CPFT, working in the CASUS team (for young people with Substance Use difficulties) and the Darwin Centre (the adolescent in-patient unit). He is also the Medical Director of the Anna Freud National Centre for Children and Families in London, which is an internationally reputed charity whose mission is to help innovate, develop and disseminate the next generation of psychological and social interventions for children, young people and families.

Dickon teaches and speaks nationally and internationally and has published various books, book chapters and scientific papers on evidence for treatments, and on working with risk and adolescents whose experience of past help may have been less than helpful.

To reserve your place or for further information contact the NHS Foundation Trust Membership Office:

Tel: **01223 256256**

Email: foundation.trust@addenbrookes.nhs.uk