08:30-08:55
Opening Cerer
08:55-09:00
09:00-09:45
09:45-10:30
Sessions : Brain Sc
11:00-11:30
11:30-12:00
12:00-12:30
12:30-13:00
14:00-14:30
14:30-15:00
15:00-15:30
15:30-16:00
16:10-16:40

16:40-17:10

Panel Di

6th Annual Congress on Mental Health

February 16-17, 2026 | Paris, France

Day 1 | February 16, 2026

Registrations Open

nony

Introduction

Keynote Presentation

Title: Empowering the 9 to 5: Harnessing Self-Care & Neuroscience for Optimal Workplace wellness

Crystal Kaur Toor, Advocate for Workplace Wellness (18-Year Career), Saudi Arabia

Title: Positive impact of Executive Coaching and Leadership training for Uber and Amazon employees

Mrs. Victoria, Feldman Head of Learning and Development Amazon, USA

Networking and Refreshments Break and Group Photo 10:30-11:00@Foyer

ience and Resilience | Mental Nursing and Nursing Education | Dependence, Alcoholism, Drug

Title: Decoding prejudice: Understanding patterns of Adolescent Mental Health Stigma

Dr.Sara Albuquerque, Universidade Lusófona,Portugal

Title: The Feelings of Family of Elderly Dialysis Patient for EOL at Home: A Case Study

Dr. Nadami MIMURA, Showa University Graduate School of Health Sciences, Japan

Title: Barriers for Elderly Patient on Hemodialysis Wishing to Receive End of life care at Home - from a Nurse's Perspective- : A Case Study

Dr. Yui TAMURA, Showa University Graduate School of Health Sciences, Japan

Title: Touching Infinity is both a personal memoir on becoming a psychologist

Dr. Douglas UHLIG, New York State Clinical Psychologist, USA

Lunch Break 13:00-14:00@Restuarant

Title: Associations of bullying, cyberbullying and 24-hour movement behaviours among adolescent girls

Dr. Yancy SHI, The Education University of Hong Kong, Hong Kong

Title: Associations of bullying, cyberbullying and depression among adolescent girls

Dr.Yo Hyeong KIM, Shanghai American School, China

Title: Impact of an Arts-Based Mental Health Stigma Reduction Program on Youth: Quantitative and Qualitative Evaluation of the WeARTolerance Program

Dr.Isabel Santos, Universidade Lusófona, Portugal

Title: Relationship Between Mindfulness, Psychological Well Being And Psychological Inflexibility Among Yo

Dr.Tannu Taluja, Uttarakhand University, India

Coffee Break 16:00-16:10@Restuarant

Title: Positive Leadership: To Navigate the Future Workforce by Addressing Anxiety and SelfEfficacy in Mille

Dr.Leonor Almeida, Catholic University of Portugal, Portugal

Title: “Real-Time Anxiety Detection”

Dr.Majid Sarrazfadeh, UCLA Computer Science Department, USA

scussion / QA Session | Certificate Distribution & Closing Ceremony

ung Adults

nnials and Generation Z”