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THE USE OF INTERNET IN PREVENTION

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Introduction: Internet currently has 513 million users worldwide and the young continue to be one of the highest users of the Internet. Often the young choose to use the media for get answers to their questions and also for search for mental health-related information. The researches show a rapid growth of mental disorders among young that often co-occurs with risk behaviours, such as suicide, which is one of the leading cause of death among young ages 15-34. Therefore it's necessary to use some tools that can promote mental health getting to young lives such as Internet and media.

Objectives: increasing the knowledge on the use of internet and media in order to promote the mental health and to prevent at-risk behaviors among young.

Aims: The main expected outcome is to improve mental health among young.

Methods: SUPREME - Suicide Prevention by Internet and Media Based Mental Health Promotion, European Project for the prevention of risk behaviours and mental health promotion through the use of mass media and Internet.

The Project, financed by EACH and DG SANCO EU Public Health is developed by a consortium of 7 European countries. The intervention comprise of a highly interactive website targeted at young. In each participating country, a sample of 300 pupils have been selected and randomized in one of three different intervention arms.

Conclusions: . Internet and media can be used how efficient instruments to spread information among adolescents and to promote programs aimed to improve their mental health and well-being.