

Dear ECMH Participants,

We hope that this email finds you well and in good health.

9<sup>th</sup> European Conference on Mental Health (Online) takes place next week. It is time to take a look at the practical arrangements and start preparing for the event. We have chosen Hopin as the technical platform where everything takes place. It is very simple, you need only one link which you will receive on Monday Sep 28<sup>th</sup>. You need to Sign-In to the system, but you don't need to download anything. Hopin is functioning best in Chrome.

In Hopin, you will find:

- The Stage for Opening Ceremony, Get Together Event and Keynotes
- Session rooms for Oral Presentations and "ECMH Café" for networking, discussions and relaxing
- Room for Networking – "Speed dating" with other participants
- EXPO area for Poster Presentations and more

You have a possibility to make face to face contacts inside the system and chatting is possible in all areas. ECMH Team members are available all the time if you face any technical or other problems. Chatting is best way to get in contact with us.

We have some practical recommendations which we have found useful and with these small things you can make online conference more comfortable:

- Notice the time difference. All times are presented in UTC/GMT +3 hours, which is the time zone in Helsinki, Finland (from where the ECMH Team is operating).
- Try to find best possible Internet connection during the conference. Usually at the office you can connect your computer to Internet with ethernet cable instead of Wi-Fi connection.
- Best option for browser is Chrome and second best is Firefox. Safari is not recommended.
- Avoid using Teams during the conference days and log out from Teams if you had to use it.
- Try to avoid simultaneous use of email and other programs as this may affect negatively on the quality of connection with Hopin.
- We recommend use of Headset.
- Keep your microphone muted and video off when you are not discussing or speaking.
- Test your camera, microphone and speakers in advance. Study how to make the device settings for camera, microphone and speakers.
- Please use hashtag #ECMH2020 and publish thoughts and comments and photos in Social media (Facebook, Instagram, Twitter, LinkedIn). Be creative, best posting will be rewarded with a free ticket to the 10th ECMH in Portugal next year!
- Pay attention to your table and chair and try to arrange your conference office so that you have possibility to stand and do simple exercises during the days

With these instructions we will have interesting and relaxed days at the conference and we are also able to create closeness during these weird times.