



# Adolescent Mental Health Summit 2024

## **Your presentation title**

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**The ethical and human rights considerations surrounding using Digital Health technologies in adolescent mental health care, addressing privacy, consent, equity, and the potential for the digital divide**



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Summit 2024

## Starting point:

- "health" refers to a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity
- 43.(1)(a) Every person has the right—to the highest attainable standard of health, which includes the right to health care services, including reproductive health care;

## But, there are shortcomings

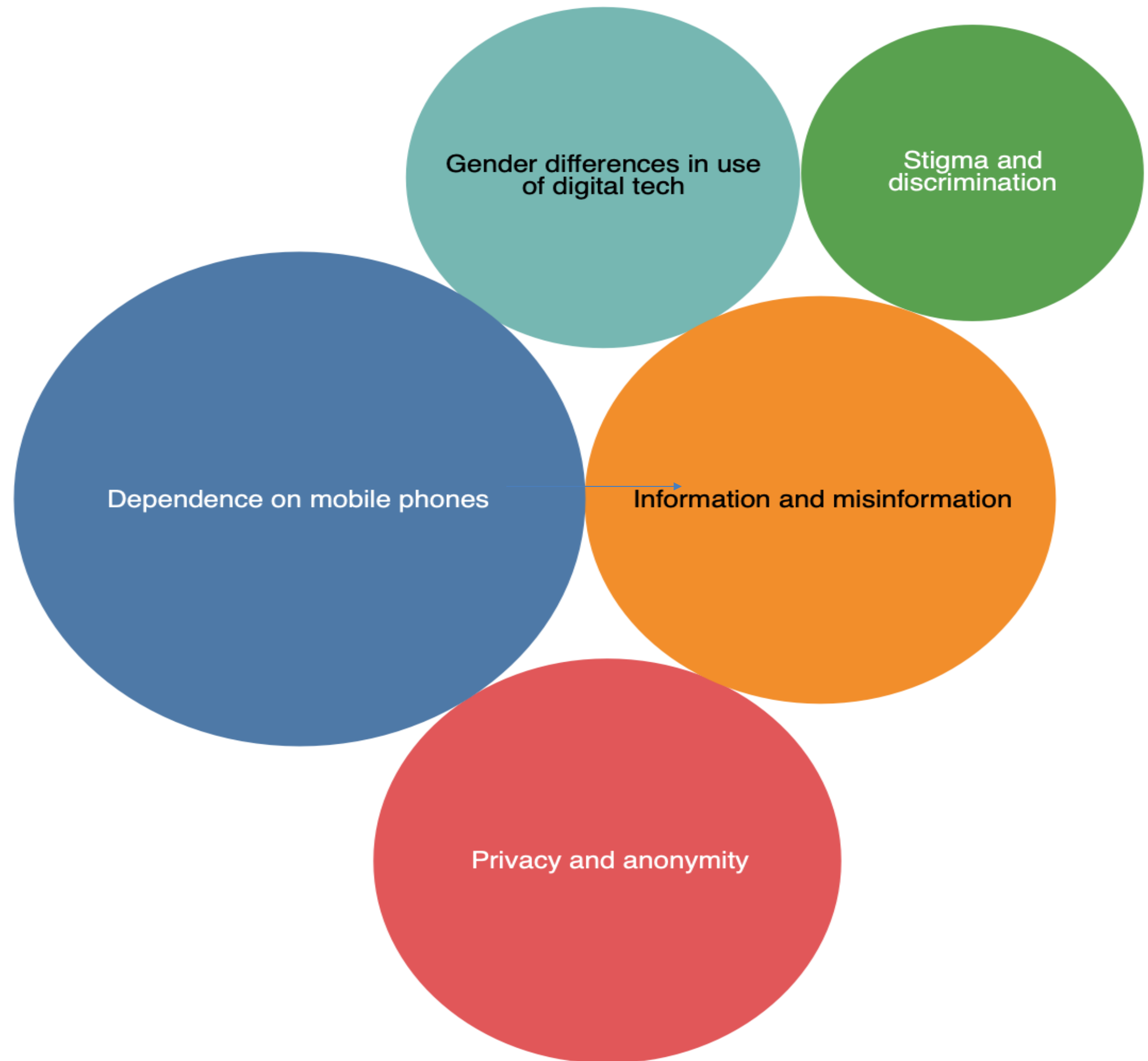
- “mental health services” means the promotion of mental wellbeing, prevention, management or alleviation of disease, illness, injury and other physical and social determinants affecting mental health in individuals;



- UN SR on Health “The realization of the right to health of adolescents is dependent on the development of youth-friendly health care that respects confidentiality and privacy and includes appropriate sexual and reproductive health services.”
- A growing body of studies shows that mobile health can extend health service coverage, helping those groups that face difficulties in accessing the formal health system, including through offering sexual and reproductive health-related information via text messages, building trust and relationships with health providers, documenting rights violations and establishing peer networks for mutual support.
- In some countries, there are reports that digital mental health services have increased accessibility and reduced barriers to mental health care in particular, adding that it provides specific mental health support through digital technologies for young people
- Young people value “online families” and “safe spaces” amid mental health challenges, for example those stemming from the COVID-19 pandemic.



# Digital health and human rights of young adults in Ghana, Kenya, and Vietnam: Final project report



**In conclusion, as we discuss the use of digital health technologies for mental health services, need to ensure:**

- Use of digital technologies for mental health uphold – and are a step towards the progressive realization of – the right to health - advance equity within availability, accessibility, acceptability and quality.
- Proactively identify and mitigate risks to non-discrimination in access and availability of technologies, as well as privacy and confidentiality.
- Utilise privacy laws, policies and regulations to safeguard the integrity and security of personal information/data.
- Utilise legal, regulatory and other accountability mechanisms to facilitate access to justice and redress for violations of human rights.
- Ensure that all digital technologies are aligned with ethical considerations including the obligations of doing no harm, lawfulness; autonomy, consent, and privacy; participation and inclusion; transparency; non-discrimination and equity; and accountability.



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**Thank you**

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