

UN Special Rapporteur on the Right to Health Handover Dialogues

Global mental health: history and the need for change

Wednesday, April 21st, 2021

8:30am EST (New York), 1:30pm GMT (London), 2:30pm CET (Geneva, Pretoria)

3:30pm SAST (Vilnius), 6pm IST (New Dehli)



Human
Rights
Centre

University of Essex



Your Tech Guide to Handover Dialogue “Global Mental Health: history and the need for change” April 21st 1:30PM – 3:30PM (GMT)

The No. 1 culprit of a painful webinar is the quality of the call itself.

Here are some tips:

Where will you be?

Make sure you use a quiet room, free from background noise if at all possible. The room should be well lit and bright.

Do not sit with a window behind you unless the curtains are closed as we will not be able to see your face.

Please check your background and be mindful of anything you do not want visible from your camera.

Make sure you have a comfortable seat and a glass of water or something to drink.

Is your internet connection stable?

Use an ethernet cable to connect to the Internet if you can.

If using wireless (WiFi) Internet, make sure to close down any other programs that might be using bandwidth. Try to not have downloads or updates running in the background.

If your cellular 4G (LTE) connection is stronger than your wireless internet use that instead!

How will you sound?

If possible, please use a headset, headphones or external microphone. This will improve sound quality for you and others.

Even cheap earphones with a mic will sound better than your computer or phone mic. A headset or earphone/mic combo that came with your phone is fine.

Test your microphone ahead of time. The easiest way to make sure you sound good is to do a video call with a friend and ask how you sound, then adjust accordingly.

Please turn off any loud notifications on your device from email or other applications.

During the event, please mute your microphone. You will have the option to turn off the microphone before joining the webinar. You can unmute when it is your turn to speak.

How will you look?

If using a laptop, prop it up on something so the camera is not pointing up at you, but level with your face - books are ideal for this.

Don't hunch over the screen - the camera will look straight up your nose.

Test your camera ahead of time. Mac users can launch the Photo Booth app located in your Dock and Windows users can click the Start button, then Camera. Here, you can check your picture. Adjust your indoor lighting and camera angle to make your face look properly lit.

During the event, you may have your camera on or off. If you have constrained internet bandwidth, you could turn your camera off and have it on only when speaking.

How do I join the Event?

You will receive an email (*see the example shown below*) from the event organisers with a link to the webinar. Just click the “Join Zoom Meeting” link. The link is also available on the registration page (<https://www.handover-dialogues.org/login-register/?register=1>).

The webinar will be held using **Zoom** - <https://zoom.us>

Please download the Zoom software to your computer, phone or tablet ahead of the event at <https://zoom.us/download>

Please note, joining instead through your browser you will reduce features available for you.

Contact us if you have any difficulties at ericeckhart32@gmail.com

Security Advice

Zoom makes security the top priority in the design, development, deployment, and maintenance of its networks, platforms, and applications. You can incorporate Zoom solutions into your business processes with confidence, even with the most rigorous security requirements.

You can find out more about Zoom’s commitment to security and data protection at <https://zoom.us/docs/en-us/privacy-and-security.html>

Ground rules

Our meeting is diverse with participants from many backgrounds and languages. We welcome debate, in the spirit of seeking solutions together.

Please ask if you need clarification, if someone uses a word you do not understand, or if anything is unclear.

When speaking, please speak slowly and clearly, and try to avoid use of abbreviations or acronyms that may confuse others.

Out of respect for our speakers, please try to minimize distractions, including background noise, incoming messages, and other calls.

Please remember to keep all discussions respectful. There will be differences of opinion. You may not agree with everything that is discussed. But please be open to hearing other people’s perspectives. If you don’t agree, we invite you to challenge the idea – not the person. Blame and judgement gets us further from the solution, not closer. Honest and constructive discussions are needed to obtain the best results.

Participants who are disruptive or who attack others may be asked to moderate their behavior or, if need be, may be required to leave the meeting.

Please identify yourself when speaking, and check that your name on the screen is the name you prefer us to use when addressing you. We invite all participants to identify your preferred pronouns, such as he, she, or they as part of your name on the screen.