

# How MENTAL HEALTH SPAIN is coping with COVID-19



The **SALUD MENTAL ESPAÑA Confederation (Mental Health Spain)** is a non-profit organisation. It was created in 1983 to address major gaps in mental healthcare in Spain. Today, it comprises 19 autonomous federations, bringing together more than 300 institutions and more than **47,000 members throughout the country.**

The **mission** of SALUD MENTAL ESPAÑA/MENTAL HEALTH SPAIN is **to improve the quality of life** of persons living with a mental ill health and their families, **to defend their rights** and **to represent the associative movement.**

At the beginning of the Coronavirus disease (COVID-19) outbreak, the Confederation formed a crisis cabinet, formed by members of our BoD and our staff. By videoconference meetings (8 until April) , they have coordinated all measures to tackle the crisis, including internal and external coordination, social awareness campaigns... Here is an example of all these measures taken during the crisis.





## CAMPAIGNS: [#SaludMentalVsCovid19](https://consaludmental.org)

MENTAL HEALTH SPAIN launched the #SaludMentalVsCovid19 campaign with recommendations for taking care of mental health during the quarantine that the Spanish population is going through. Likewise, the Confederation published a guide aimed at people with mental health problems, with indications and resources for care in the confined situation.

- <https://consaludmental.org/sala-prensa/actualidad/autocuidado-rutinas-ejercicio-aislamiento-coronavirus/>

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[www.consaludmental.org](http://www.consaludmental.org)

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confederación  
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## CAMPAIGNS: [#SaludMentalVsCovid19](#)

MENTAL HEALTH SPAIN prepared the document "Intervention with people with mental health problems in the emergency situation caused by COVID-19", an action guide addressed to State Security Forces and Members of the Armed Forces, before the state of alarm status decreed in Spain.

- <https://consaludmental.org/sala-prensa/pautas-salud-mental-fuerzas-cuerpos-seguridad-covid-19/>

Intervención con  
personas con  
problemas de salud  
mental ante la  
situación de  
emergencia  
ocasionada por el  
COVID-19



Guía de actuación para Fuerzas y  
Cuerpos de Seguridad y Miembros  
de las Fuerzas Armadas

Elaborada por:





## CAMPAIGNS: #GraciasXTuValor

MENTAL HEALTH SPAIN launched the #GraciasXTuValor campaign, with which the Confederation wanted to send a message of thanks to all those who, with their work and risking their health, are seeking and facilitating the well-being and tranquility of the citizens who have to remain at home.

- <https://consaludmental.org/sala-prensa/actualidad/agradece-labor-bienestar-cuarentena/>





## INSTITUTIONAL RELATIONS: Virtual meetings with Queen Letizia of Spain

Queen Letizia heard, from the president of the Confederation, Nel González Zapico, the concerns of the associative movement regarding the consequences of the current situation. Also through another videoconference, three members of the Women's Network of MENTAL HEALTH SPAIN conveyed the importance of the gender perspective in the field of mental health also during the state of alarm.

- <https://consaludmental.org/sala-prensa/reina-salud-mental-covid19/>
- <https://consaludmental.org/sala-prensa/actualidad/mujeres-salud-mental-reina-letizia/>





## **MEDIA ADVOCACY:** Words matter

During the crisis, several news items appeared in Spain in the media about situations of crisis of people with mental health problems in an offensive and discriminatory manner.

The Confederation reminds the media of its responsibility to provide adequate and truthful information, not stigmatizing and respectful of people, and recommends the use of the Style Guide on Mental Health for the Media, offered by the Confederation.

- <https://consaludmental.org/sala-prensa/reclama-tratamiento-informativo-adeecuado-estado-alarma/>





**POLITICAL LOBBYING:** Internal and external coordination on emergency needs and economic sustainability. (Associative Movement and CERMI).

The Confederation supported the claim of the Spanish Committee of Representatives of People with Disabilities (CERMI), which required health authorities to ensure that a person's disability does not motivate discrimination in clinical protocols for care for people with COVID-19.

<https://consaludmental.org/sala-prensa/actualidad/reindicacion-cermi-discapacidad-coronavirus/>

Also, in coordination with the Ministry of Health and our associations, a needs detection map has been obtained showing, on the one hand, the difficulties that some entities of our movement are experiencing (more than three hundred as a whole) and, on the other hand, obtain a registry of resources and means that can be made available to the public powers.

An attempt was made to focus the analysis on the urgent need for material in the SERVICES and CARE of people with disabilities and DISCRIMINATION for disability in clinical protocols.

# Thank you!



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¡Síguenos!

